

Check-in #1

Hi @firstname!

For the past six years 🕒 I have been working part-time on this online therapy business and am soooo excited to announce that I am now FULL-TIME! This has been a long time coming and it means that I have more hours available to help you, people like you, and people you may know (please share my info to anybody you believe could benefit from my help) who live in North Carolina, Florida, Illinois, or Colorado.

I re-designed [my website](#) in the past year but the address is still the same and you can still book sessions yourself with [my online calendar](#).

The #1 reason I committed to online counseling/therapy in 2017 was (and still is) to provide a flexible option for busy people to connect with a high quality therapist. I personally use online therapy and love the convenience of joining sessions from 🏠, my 🚗, or when I am traveling. It's not new anymore but in 2017 when I first started this practice people weren't used to taking video calls like they are now.

Spending 100% of my working energy on this business now means that I am able to provide more value than ever before. I have more time to prepare resources that will help you learn and practice skills. I am also creating content that addresses your questions and concerns about anxiety, stress, and intimacy. Let me know if there is a specific topic you want me to address so that you have more resources in between sessions. Right now I am working on deep dives on book recommendations, understanding and responding to anxious feelings in the body, and improving healthy communication in relationships.

I am also able to serve MORE PEOPLE, which is fantastic because there are so many people out there like you who are looking for a therapist that they can trust, who is easy to talk to, and who has proven over time that they can help.

Please reach out to let me know how I can be helpful! I will be sending out check-ins like this once or twice a month with links to helpful content, resources that I create, and updates about my practice.

Keep on Growing! \*(amazing [song](#) title and words to live by)

-Dr. Dan