

# Laura's Counseling/Consultation Services - [Cherry Lane Counseling Center](#)

Laura currently has a full client load and is not accepting new "in-office" or "phone-in" clients. She can either respond with some referrals or you can be put on her waiting list for in-office, phone-in or an email consultation. (Wait time may be a couple months.) To set an appointment or reserve your spot on her waiting list:

Call: 208-887-1911 x 109

Email: [Laura @ Strengthening Marriage . com](mailto:Laura@StrengtheningMarriage.com)

(rev Jan 2014)

Counseling Services	Cost	Pros	Cons	Getting Started/ Notes
<b>#1 -- In-office Counseling Session</b>	\$150/hr	<ul style="list-style-type: none"> <li>• Face-to-face advantage of reading body language and facial cues</li> <li>• Ideal way to address personal issues including issues that come up in the course of counseling that can be responded to on the fly</li> <li>• Clients can travel to Boise for an "Intensive" multiple-hour session with Laura</li> </ul>	<ul style="list-style-type: none"> <li>• Not available to those who don't live in the Boise, ID area</li> <li>• Not easily available to those who don't want to travel to the Boise, ID area</li> <li>• More challenging to have to speak face-to-face to a professional about such private/ intimate issues</li> </ul>	Call or email to set an appointment. Fill out client documents and send your story/ background email.
<b>#2 -- Phone Session</b>	\$150/hr	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere</li> <li>• Better/more thorough way to get a question answered than a static email response</li> <li>• More anonymous than face-to-face counseling</li> </ul>	<ul style="list-style-type: none"> <li>• Does not have face-to-face advantage of reading body language and facial cues</li> <li>• Less of an option than email consultations when Laura's client load is full</li> </ul>	Call or email to set an appointment. Fill out "Online" version of client documents and send your story/ background email.
<b>#3 -- Skype/ Video Conf Session</b>	\$150/hr	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere with access to Skype</li> <li>• Face-to-face advantage of reading body language and facial cues</li> <li>• Similar advantages to that of face-to-face, in-office counseling sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Computer and web camera required</li> <li>• Some technical issues may occur</li> </ul>	Call or email to set an appointment. Fill out "Online" version of client documents and send background/ your story email. Send Skype request to <a href="mailto:laura.brotherson">laura.brotherson</a> .
<b>#4 -- Email Consultation</b>	\$150/hr	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere with internet access</li> <li>• More likely to get a quicker response to your questions/ issue when Laura's client load is full (since email responses may be done during Laura's off hours)</li> <li>• No scheduling issues or timing constraints-- schedules don't have to fit</li> <li>• Have written info/ suggestions to refer back to</li> <li>• More anonymous than face-to-face</li> </ul>	<ul style="list-style-type: none"> <li>• Less thorough or contextual since only what is asked in your email will be responded to instead of what may also come up in a live session</li> <li>• Tends to take as much or more time to write a response as to do a live session</li> </ul>	Call or email to request an email consultation and to find out projected response time. Fill out "Online" version of client documents and send your story/ background email.
<b>TeleConference Q&amp;A Session</b>  <b>COMING SOON... (March 2014)</b>  Monthly 90-minute teleconference sessions for both question-askers and those who just want to listen in and learn	TBD	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere</li> <li>• Participants can get the specific questions they have answered quickly</li> <li>• Especially great for those who just want/need a little direction</li> <li>• Somewhat anonymous; Pseudonyms will be used (first name only); only questioner's voice/ story would be recognizable</li> <li>• Costs less than one-on-one counseling/ therapy</li> <li>• Quicker access to Laura to get a personal, direct answer to your questions</li> <li>• Recordings of Q&amp;A sessions will be available and can be listened to at a later time at your convenience</li> </ul>	<ul style="list-style-type: none"> <li>• Must be on-call to ask your question</li> <li>• Possible recognition by those who may recognize your voice or your story</li> <li>• Only brief answers/ direction can be provided in this Q&amp;A format</li> <li>• Small cost to be on the call</li> </ul>	<b>COMING SOON... (March 2014)</b>

## Laura's Self-Help Educational Products-- [StrengtheningMarriage.com](http://StrengtheningMarriage.com)

Many individuals and couples do very well working on their own issues with self-help information and tools, especially if time, money or willingness to address one's issues with a professional face-to-face are a concern. The following can also be helpful while you are waiting to have an opportunity to work with Laura directly.

(rev Jan 2014)

Educational Products	Cost	Pros	Cons	Getting Started/Notes
<b>Book -- <a href="#">And They Were Not Ashamed-- Strengthening Marriage through Sexual Fulfillment</a></b>	\$17.95	<ul style="list-style-type: none"> <li>• Self-help workbook to walk couples through the common intricacies of sex and intimacy in marriage</li> <li>• Available for a anyone, anywhere to access</li> <li>• Costs less than counseling/ therapy</li> <li>• Book also available for reading or listening (CD audio book &amp; downloadable audio)</li> <li>• Reader can remain anonymous and work on their issues in the privacy of their own home/ relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Only addresses what's in the book, so doesn't address one's unique individual issues</li> <li>• No one to talk to when you have questions or get stuck in working on an issue</li> </ul>	Purchase online at <a href="http://StrengtheningMarriage.com">StrengtheningMarriage.com</a>
<b>Podcasts -- <a href="#">"The Marital Intimacy Show"</a></b> with Laura M. Brotherson (10-20 min recorded audio)	Free	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere with internet access</li> <li>• Listener can remain anonymous and work on their issues in the privacy of their own home/ relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Only addresses what's in the podcast; doesn't address one's unique individual issues on the subject</li> <li>• No one to talk to when you have questions or get stuck in working on an issue</li> </ul>	Available at <a href="http://TheMaritalIntimacyShow.com">TheMaritalIntimacyShow.com</a>
<b><a href="#">Articles &amp; Blog Posts</a></b>	Free	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere with internet access</li> <li>• Reader can remain anonymous and work on their issues in the privacy of their own home/ relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Only addresses what's in the article/blog post; doesn't address one's unique individual issues on the subject</li> <li>• No one to talk to when you have questions or get stuck in working on an issue</li> </ul>	Available at <a href="http://StrengtheningMarriage.com">StrengtheningMarriage.com</a>
<b>Video/YouTube Marriage Messages</b>	Free	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere with internet access</li> <li>• Visitor can remain anonymous and work on their issues in the privacy of their own home/ relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Only addresses what's in the video; doesn't address one's unique individual issues on the subject</li> <li>• No one to talk to when you have questions or get stuck in working on an issue</li> </ul>	Available at <a href="#">Laura's "StrengthenMarriage" YouTube Channel</a> and <a href="http://StrengtheningMarriage.com">StrengtheningMarriage.com</a>
<b>Marital Intimacy Therapy Sessions</b>  <b>COMING SOON...</b>  Recorded audio presentations on common marital issues	TBD	<ul style="list-style-type: none"> <li>• Available to anyone, anywhere with internet access</li> <li>• Available online for on-demand listening or can be downloaded for future listening</li> <li>• Available on our website, iTunes and Audible.com)</li> <li>• Longer, more detailed information than the Marital Intimacy Show podcasts</li> </ul>	<ul style="list-style-type: none"> <li>• Only addresses what's in the recording; doesn't address one's unique individual issues on the subject</li> <li>• No one to talk to when you have questions or get stuck in working on an issue</li> <li>• Small fee to purchase the audio</li> </ul>	<b>COMING SOON...</b>