

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

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