

## Meet the Therapist

Michele Adcock is a registered psychotherapist in Boulder, CO who provides counseling for both individuals and couples. She is an insightful and skilled therapist who will work collaboratively with you to help you gain clarity about your issues and develop the skills you need to find resolution. She also provides a kind, respectful and non-judgmental atmosphere that allows you to safely explore your concerns.

At Future Hope Counseling, Michele works with couples on marriage or relationship issues including conflicts, infidelity, and lack of communication. Additionally, she specializes in premarital counseling using the Prepare/Enrich assessment.

Michele also helps individuals struggling with depression, anxiety, boundary issues, grief, trauma, adjustment problems and spiritual issues.

Michele is a graduate of Denver Seminary with a Master of Arts in Counseling.



She is also certified in PREPARE/ENRICH, and an ordained minister. She holds memberships in the Colorado Counseling Association, the American Counseling Association and the Association of Christian Counselors.

Michele enjoys working with adult individuals and couples of all ages, She especially enjoys working with women. In addition, she has worked with a variety of clients struggling with various issues at Cherry Hills Community Church Counseling Center.

Michele's varied background includes working with women with unintended pregnancies at Riverside Pregnancy Center in downtown Denver, where she served as the director; a caregiver for the elderly and homebound in the North Denver area; a Montessori teacher in Murray, KY and a substitute teacher in Hendersonville, TN, as well as the head housekeeper for the beautiful and aptly named Paradise Resort on the shore of Kentucky Lake. In addition, she is a professional clown. She has also served in numerous leadership roles in church ministry. This diverse life experience enables her to empathize with a wide variety of client issues.



**Future Hope Counseling**  
**720-837-5296**  
**[www.futurehopecounseling.com](http://www.futurehopecounseling.com)**

There's hope for the  
future at  
Future Hope.

## Considering counseling?



### Congratulations!!!

The fact that you are opening this brochure and considering counseling is a sign that you are ready to grow and change. Not everyone gets to this point. Some people choose to remain stagnant in their lives and to never look at ways they might improve.

If you have never been to counseling before, you probably have questions. This is a new adventure for you and this brochure can help you see what lies ahead. If you have been to counseling previously, this brochure can help you better understand what to expect at Future Hope Counseling.

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## What to Expect



Is your idea of therapy based on the old Hollywood depiction? You are lying on a couch with a therapist sitting behind your head,

taking notes and occasionally uttering one word responses... Times have changed! The couch may still be in some therapy offices but you are not obligated to lie on it. Today it is more like being in a friend's living room. In my office you are encouraged to grab your favorite beverage, pick your favorite chair, kick off your shoes, if you like, and get comfortable.

Today there are hundreds of different theoretical approaches to counseling. No one theory fits everyone's situation. Because of this, I am an eclectic therapist, blending a variety of therapies and customizing them to meet your needs.

My integrated approach incorporates concepts and principles from several major theories including Cognitive-Behavioral, Experiential, Psychodynamic, Systemic, Multicultural and Transpersonal modalities. Using these theories, I am able to build a conceptual framework in which we can more fully understand the issues you bring to therapy.

Another part of my approach includes closely collaborating with you to bring healing, increase self-awareness and understanding, break old patterns of thoughts and behaviors and find the clarity, direction and change you are long for.

This happens by creating a safe, casual, non-judgmental environment where you can talk openly and confidentially about your life concerns, problems and hopes. From our discussions, we'll establish goals and then utilize techniques and strategies that are tailored to be a good personal fit for you.

If desired by a client, I am able to integrate a Christian faith perspective with therapy. I also welcome clients interested in exploring life meaning or growing in spirituality, from new seekers to those further along on the path. I enjoy discussing challenging questions and doubts that often arise in a spiritual journey.

## Planning A Wedding?

Congratulations and best wishes! Your pastor, rabbi, priest or wedding celebrant may require that you attend premarital counseling before the wedding date. But whether it is required or not, counseling is an essential step in laying a good foundation for your marriage. Recent studies show that the average couple who attends premarital counseling reports a 30% stronger marriage than other couples.

A premarital package of 5 sessions plus a PREPARE/ENRICH assessment report is available at a discounted rate.



## Scheduling FAQs

### What times and days are available to schedule an appointment?

I see clients Monday through Thursday during the day and evening. Times available vary depending on the day and week. Please call 720-837-5296 for available openings.

### Do you accept insurance?

Due to the limitations in treatment choice and confidentiality that occur when using health insurance, I do not work directly with insurance providers. (If you would like further explanation about these issues, please feel free to call me.)

However if you desire to use your insurance, I would be glad to provide you with a receipt to submit for reimbursement. Since insurance providers and plans vary in their coverage, it is best to call the member number listed on your insurance card and ask the following questions:

- 1) Am I covered for individual and/or couples counseling? (Please note that many insurance plans do not cover couples.)
- 2) Am I covered to see an "out-of-network" provider or only "in-network?" (I would be considered out-of-network.)
- 3) How much is my deductible? (Often the deductible is the same for either in or out-of-network.)
- 4) What percentage of the fee is reimbursed?

### What types of payment do you accept?

I accept the following types of payment:

- \*Cash
- \*Checks
- \*Paypal