



***If you have a concern about the use of a particular diagnosis code, please discuss the issue with your provider during your first session.***

### ***Frequency of Sessions***

Aside from unavoidable breaks (holidays, vacations, etc.), regular, weekly sessions are most helpful in reaching therapeutic goals. The frequency usually drops after the first couple of months, for most courses of treatment.

For Dr. Bannasch's patients, new clients can expect to come in every couple of weeks, then monthly; with frequency dropping to every 3-6 months after the first month or so.

### ***Couples Therapy at GJB Health Services***

Most of the therapists at GJB provide couples' therapy using various techniques. Tania Hanford specializes in working with couples who struggle with sexual problems. Kathleen Mueske, Dottie Fonstad and Tricia Gonzalez all work with couples and have many years of experience in the format.

Gloria Bannasch, Wisconsin's only Certified Gottman Therapist sees most of the couples who seek counseling at GJB.

