

# Behavioral Health and Family Therapy

## Appointment Request Form

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THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

### About Ohio State's Couple and Family Therapy Program

You may schedule with a member of the Behavioral Health and Family Therapy team. Our staff will help you to adopt a healthy lifestyle, enlist social support, and work toward the goals you have for yourself in the program. Dr. Keeley Pratt provides oversight of the team and doctoral students, Megan Ferriby and Haley Kiser, conduct the sessions.

- Sessions may be scheduled at **Ohio State Martha Morehouse Outpatient Care**, Center for Wellness and Prevention, Pavilion, Suite 1010, 2050 Kenny Road, Columbus, OH 43221.
- Ongoing therapy may be scheduled at the **Couple and Family Therapy Clinic**, 012 Mount Hall, 1050 Carmack Road, Columbus, OH 43210.

Sessions can help you:

- Adjust to lifestyle changes.
- Manage stress, anxiety and/or depression.
- Connect with family, friends and other supports.
- Improve communication skills.
- Manage emotional or binge eating.
- Prepare for holidays and vacations.
- Manage parenting, partner/spouse or family challenges.
- Adjust to lifestyle changes after bariatric surgery.

**For more information, please call 614-293-3890** and leave a message stating your full name, which program you are in (Living Well, Healthy Living, etc.) and your phone number or email. You will be contacted within one business week.

### Appointment request form

Please fill out this form and take it to the front desk. Staff will help you schedule an appointment.

Your name: \_\_\_\_\_

Name of program: \_\_\_\_\_

Class time/day: \_\_\_\_\_

#### To confirm your appointment, how would you like us to contact you?

By phone: \_\_\_\_\_

I give permission for staff to leave a voice mail that identifies who they are.

By e-mail: \_\_\_\_\_

### What type of meeting would you like to schedule?

- A 30-minute make-up class.** Class topic to be made up: \_\_\_\_\_  
\_\_\_\_\_.
- A 30-minute behavioral health consultation** for a check-in session or to set/monitor goals. These consults are often held before or after your program classes.
- A 60-minute session** for ongoing management of a chronic condition or for couple, family or other support.

### What would you like to discuss?

- |  |  |
|--|--|
| <input type="checkbox"/> Health behavior | <input type="checkbox"/> Parenting challenges      |
| <input type="checkbox"/> Stress          | <input type="checkbox"/> Partner/spouse challenges |
| <input type="checkbox"/> Mood            | <input type="checkbox"/> Family challenges         |
| <input type="checkbox"/> Social support  | <input type="checkbox"/> _____                     |

### What days and times work best for you from the options below? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Megan Ferriby:

Tuesdays 12:00 PM to 5:30 PM

Fridays 9:00 AM to 11:30 AM

#### Haley Kiser:

Mondays 4:00 PM to 5:30 PM

Fridays 9:00 AM to 12:00 PM

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.