

## EMAIL TO JAMES CHIDESTER, OVERSEER AND NETWORK COUNSELOR

**From:** [REDACTED] [REDACTED]@gmail.com>

**Sent:** Oct 14, 2019, 1:01 PM

**Subject:** Counseling Inquiry

Hey James!

Thanks for taking the time to chat with me on Thursday night. Recently I've had some self-image issues come back up for me that I struggled with in college. I never really dealt with them and I think they stem from being a college athlete.

I don't really know why this is happening again right now, but I was able to talk to [REDACTED] about it and she said that you helped her through some things back in Seattle, so I figured I'd reach out.

I'm open to talking about it more on a Sunday, or even coming in for a session or whatever works to you. Thanks and let me know what you think.

Best

[REDACTED]

**From:** James Chidester<James@providence-counseling.com>

**Sent:** Oct 15, 2019, 6:49 PM

**Subject:** Re: Counseling Inquiry

[REDACTED]

Sorry for the delay I've been in appointments yesterday and today. Unfortunately. I don't have any time outside of my practice hours like on a Sunday to discuss as I'm so busy helping people. If you would like to schedule an appointment I can give you details on how that works with my practice. Just let me know.

James

**James Chidester, Ph.D.**

Clinical Psychologist

www.providence-counseling.com