



Love Whole Being

One Body Heart Mind Soul Spirit

Wholeness is intrinsically healing.

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Thank you for your interest in my practice!

As a NY State Licensed Psychoanalyst with alternative approaches, I weave together a blend of styles drawn from my advanced professional training in:

Holistic Coaching

Common concerns for coaching involve: work-life balance, creativity, vision, purpose, money, relationships, community, goals and so forth. Coaching encourages inquiry and development of awareness to serve as a reflective sounding board. Emphasis is on your present state and future potential with the aim of sustainable transformation. Coaching is not to be used as a substitute for professional advice by legal, medical or other qualified professionals and you agree to seek independent guidance for such matters.

Gestalt Therapy

Gestalt Therapy is an experiential and humanistic form of psychotherapy that was developed and popularized by Fritz Perls (1893-1970) as an alternative to conventional psychoanalysis. The German word *gestalt* has no precise equivalent in English. Loosely translated *gestalt* refers to a figure, form or pattern; it can also mean an organized whole that is perceived as more than the sum of its parts. Gestalt Therapy as a practice continues to evolve among various practitioners, scholars and theorists worldwide. It is a client-centered approach focusing on the here-and-now, where past experiences and perceptions can be distinguished from present circumstances. Taking into account the environmental and social contexts of a person's life, the process invites greater emotional as well as physical awareness, increases choice as well as personal responsibility and emphasizes the healing power of relationships as well as the matrix of community.

Somatic Experiencing®

When appropriate, Somatic Experiencing (SE™) will be included as a method of treatment. SE is a method for resolving symptoms as a result of trauma and chronic stress. Created by Dr. Peter Levine, SE uses a psychobiological approach which does not require a person to fully re-tell or re-live traumatic events. With an emphasis on the 'felt sense' of the body and instinctual responses, SE gently guides clients in a slow, supportive fashion increasing tolerance for difficult sensations and emotions, often offering corrective experiences. In addition, supportive touch may be employed for the renegotiation process. SE often resets the nervous system, restores inner balance and increases vitality as well as capacity to actively engage in life. With this type of work, there are obvious benefits and it may also have unintended negative side effects such as: sleep disturbances, emergence of frightening memories, unfamiliar and uncomfortable body sensations etc. Such reactions are not uncommon. You are encouraged to bring these up in sessions so that they can be attended to and treatment adjusted accordingly.

Fees*

Initial Consultation – 60 minutes \$275

Weekly Sessions – 45 minutes \$225

Payments Accepted

Cash, check, debit/credit card or FSA/HSA, PayPal, Venmo, Zelle/Chase Quick Pay

Weekly Commitment

By nature of the approaches I utilize, what I find most clinically beneficial is a weekly therapeutic commitment. In part, the consistency and predictability of meeting once per week allows trust to develop and our relationship to be built on continuity over time. More importantly, since I'm in the business of supporting different patterns to take shape in your nervous system, the regularity is essential.

I also understand that things do come up: conflicts, vacations etc. You are entitled to 4 absences per calendar year, provided you give sufficient advance notice (see cancellation policy below), at no charge. Your tally of absences restarts at each calendar year in January.

Appointments

Sessions are typically 45 minutes.

I create a standing weekly appointment in my schedule for you, which is *your time* and *yours* only. Essentially we both commit to our time together, and therefore agree to start on time while also being mindful of the allotted time for our appointment.

If you are late for any reason, the session will still end at the same time as always. This allows me to stay on schedule and keep my professional commitment to each person I work with.

If you are more than 10 minutes late without any notification, I assume a cancelled session; and you will be responsible for the full session fee.

Cancellation/Rescheduling Policy

For both operational and practical purposes, I require at least 48 hours advance notice for rescheduling or cancellation.

Even with 48 hours advance notice, options for an alternative time can be limited. Often with more advance notice, it's easier for me to find another possibility in the week that's mutually convenient. So if you anticipate having a conflict 1-3 weeks in advance, it may be easier for me to make adjustments in my schedule accordingly.

In the event that you cancel less than 48 hours before a scheduled appointment you will be responsible for the session fee.

Both 'no show' missed appointments with no notice, and 'late cancellations,' cancelled sessions with less than 48 hours advance notice, will not appear on invoices or be billable for reimbursement with insurance, and you will be responsible for the fee.

*Fees may increase periodically. You will be informed in advance for fee changes.