



Love Whole Being

One Body Heart Mind Soul Spirit

Wholeness is intrinsically healing.

Michele L. Kong, CPC, SEP, LP
37 W. 26th St. #1201
New York, NY 10010
646.881.4307
mkong@lovewholebeing.com

Thank you for your interest in my practice!

I offer a blend of holistic and somatic methods, which are also trauma-informed. I emphasize in-person sessions, which are more conducive to the alternative, experiential (at times even hands-on) approaches I specialize in. Tele-health may be included for exceptions only.

First and foremost, I focus on establishing our therapeutic relationship in alignment with both experience and research, which shows that trusted relationships can be rather healing. Session to session may be very different, and we weave between your concerns ranging from: work-life balance, creativity, vision, purpose, money, relationships, community, goals and so forth.

My holistic frame emphasizes you in relationship that is, how you navigate different contexts including: family, social groups, communities, institutions, cultures and major systems of our society. With a systems approach, I want to contextualize your experiences inside of sociocultural, organizational and global dynamics. In time, we will look at these various, interdependent facets of your life together.

To be clear, we can attend to these various themes; meanwhile, there will be moments when professional advice from legal, medical or other qualified professionals may be needed in parallel. I do my best to offer referrals and resources where appropriate.

Somatic Experiencing (SE™) will also be included in our explorations. With an emphasis on the 'felt sense' of the body, I will guide you in a slow, supportive fashion. Most often, I will be attempting to offer corrective experiences.

At certain moments in trauma re-processing, our aim may be to increase your tolerance for difficult sensations and emotions. With this type of work, there are obvious benefits, yet unintended negative side effects may also arise such as: sleep disturbances, emergence of frightening memories, unfamiliar and uncomfortable body sensations etc. Such reactions are not uncommon. I encourage you to bring these up, so that we can attend to them together, and treatment adjusted accordingly. With your consent, touch may also be part of our explorations to support your nervous system to learn new patterns.

Ultimately, I see our work together as a collaboration. However, my aims are to provide an experiential learning environment where you can better understand how your emotions and reactions are trying to help you, as well as learn to appreciate the fullest range of your experiences—ups and downs and everything in between. The holistic and somatic approaches I use can reset your nervous system, as well as offer tools to manage stress and restore inner balance. In harmony with your body, heart, mind, soul and spirit, I wish to support you embodying aliveness so that you can actively engage in life with wholeheartedness.

Fees*

45-min Sessions	\$285
60-min Sessions	\$375
Extended sessions by arrangement	

*Fees change periodically, and no more than every calendar year.

Payments Accepted

Cash, check, debit/credit card or FSA/HSA, Zelle

Insurance and Invoices

Since I am not an in-network practitioner contracted with insurance companies, I provide a 'superbill' for you to submit to your insurance plan for reimbursement (if you have out-of-network benefits). Typically on the first or second business day of each month, you will receive an email generated by my practice management software with all necessary details to submit a claim directly with your insurance administrator.

Weekly Commitment

By nature of the approaches I utilize, what I find most effective and 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 supporting different patterns and habits to establish in your nervous system, regularity is essential.

Absences

Given the weekly commitment, I also understand that things do come up: conflicts, work trips, vacations etc. You are entitled to four (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

I create a standing weekly appointment in my schedule for you, which is *your time* and *yours* only. Essentially we both commit to a 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 canceled session, or no-show; and you will be charged for the full session fee.

Cancellation/Rescheduling Policy

A minimum of 48 hours advance notice is required for cancellations.

If you are unable to keep your standing appointment, as much advance notice as possible can be helpful for rescheduling. To reschedule an appointment, please *confirm an alternative appointment at least 48 hours prior* to your standing weekly appointment. If you do not cancel or finalize rescheduling an appointment with sufficient notice, you will be responsible for the full session fee. Similarly, with a forgotten appointment with no notice (no-show), you will be charged in full. Monthly invoices ('super-bill') will not include these incidents, since insurance only covers treatment.