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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 experiential (at times even hands-on) approaches I specialize in. Tele-health may be included for exceptions only (containing illness and other extenuating circumstances), to maintain the continuity of treatment.

First and foremost, I focus on establishing our therapeutic relationship, in alignment with both experience and research, which shows that trusted relationships support healing. Session to session may be very different, and weave between your concerns ranging from: work-life balance, creativity, 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 contextualize experiences within sociocultural, organizational and global dynamics. In time, we will look at these various, interdependent facets of your life together.

Drawing from various body-oriented, experiential therapies including: Gestalt Therapy, Somatic Experiencing (SE™), Attachment-focused Eye Movement Desensitization and Reprocessing (EMDR), therapeutic touch for trauma recovery and others, I aim to tailor sessions to suit your needs. Based on your responses and my clinical assessment, an integration of trauma-informed interventions will be utilized. Most often, I will be attempting to offer corrective experiences.

At certain moments in trauma re-processing, we may turn to increasing 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 feelings etc. Such reactions are not uncommon. I encourage you to raise these, so that we can attend to them together, and treatment adjusted accordingly.

Given the scope of my practice, I may require as part of treatment for you to consult with a psychiatrist, psychologist or other qualified (medical, complementary and alternative) professionals in parallel. I offer referrals and a variety of resources where appropriate, and collaborate with other healthcare providers so that together we support you as a team.

Ultimately, I see our work together as a collaboration. However, my intentions 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	\$295
60-min Sessions	\$390

*As of June 1, 2025. Typically, fees change once per calendar year to adjust for inflation and annual increases in overhead. Unfortunately, this practice does not offer a sliding scale.

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 insurer for reimbursement (if you have out-of-network benefits). If you request one, you will receive an email from my practice management software with a Statement for Insurance Reimbursement ordinarily on the first or second business day of the month for the prior month's dates of service.

Weekly Commitment

Both experience and research show what's 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 new 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. For anything beyond the four (4) permitted absences, you will be charged for the weekly session, whether or not you use the session time. 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. Your monthly Statement For Reimbursement will not include these incidents, since insurance only covers treatment.