



BRIEF SOLUTIONS

Personalized Counseling Package

This counseling option is made available to those who are not using health insurance to access counseling. After reading the information below, please contact me to see if this fits your needs.

- Initial screening and discussion for suitability is required.
- Can be accessed via live telehealth sessions. It is encouraged that the first session be in-person, but it is not necessary.
- All required paperwork including Physical, Mental, Family and Personal history is completed by the participant beforehand to ensure session time is maximized.
- This is a self-pay package which negates the necessity for a formal mental health diagnosis to be made.
- 4 semi-structured counseling sessions of 40 – 60 minutes over 4-6 weeks.
 - o Drawing from Solution-Focused Brief Therapy with additional influences coming from DBT, Creative therapies and Psychoeducation dependent on specific participant needs.
- Follow-up phone contact 6 weeks after completing.
- Summaries of each session are provided within 24 hours of each session and may include: what was discussed, participant-conclusions, potential resources, tips and suggestions.
- Last session includes a thorough reflection on what has been experienced, what you will take with you, and how you will know if you need further help in future. (Future-proofing and forward planning).
- \$450 can be paid in one payment or over 4 weekly payments.
- Standard cancellation policy applies.