

WELCOME TO MY PRACTICE

Creative Healing Therapy



Expert care with:

- Children & Teens
- LGBTQ+ Youth
- Families & Couples
- Anxiety & Stress
- Trauma



Amanda Cohen, LMFT
Owner

My Style:

- Narrative and Collaborative
- Self-esteem building
- Solution Focused
- Trauma Focused



Credentials:
Florida License: MT 4805



Logistics

THE PROCESS OF THERAPY

Welcome to your Therapy experience.

I am happy you chose me as your therapist. To make this process as seamless as possible during these challenging times I have created this newsletter to help guide you. Please feel free to ask me any questions you may have before our first session.



We will connect via ZOOM. I will send you a zoom invite before each session. The zoom invite will change weekly to ensure confidentiality.

If we are having technical difficulties, we can finish our meeting via PHONE CALL, if you desire to do so.



Scheduling

[Text your therapist to schedule your appointments](#)

Feel free to text your therapist to schedule or reschedule a session. During the week you will receive a response within a few hours, during the weekend you will get a response within 24 hours. If you have an emergency, please call 911.



Payment

FEE STRUCTURE

I ACCEPT ALL MAJOR CREDIT CARDS

Individual Therapy-

\$150/50 min

Family Therapy-

\$200/50min

Couples Therapy-

\$200 /50 min

Prior Students-

Sliding scale of \$40/50 min

Extra Time (As needed).

\$40/per 15 increments

You will receive an invoice to your email address before each session. Kindly pay before the session starts.



ACCEPTED INSURANCES

- Cigna
- Aetna
- Optum
- United Healthcare



healthline
best APPS 2019
Meditation

EMOTIONAL CHECK-INS EVERY DAY

Anxious
Concerned
Confused
Distracted

PERSONALIZED RECOMMENDATIONS

Meditation
Sleep Tracks
Breathing
Yoga

Recommended Results
Finish

BASED ON YOUR CHECK-IN, WE RECOMMEND YOU TRY:

- Body Scan 8+ minute meditation
- Mindful Breathing 3+ minute breathing exercise
- Yoga for Stress 15 minute yoga video
- Noting 7+ minute meditation

SEE MORE

46% REDUCTION in ANXIETY

78% INCREASE in POSITIVE FEELINGS
after the FIRST SESSION

THERAPIST RECOMMENDED & PROVEN RESULTS

HELPFUL APPS

APPS to utilize in between session or to help you on your mental health journey

⚡ Motivation
 Zzz Better Sleep
 FABULOUS 📱 Habit Tracker
 🧘 Meditation
 ❤️ Healthy Living

