# WELCOME TO MY PRACTICE

# Creative Healing Therapy





#### Expert care with:

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

#### My Style:

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







Credentials: Florida License: MT 4805





### 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.





## FEE STRUCTURE

# I ACCEPT ALL MAJOR CREDIT CARDS

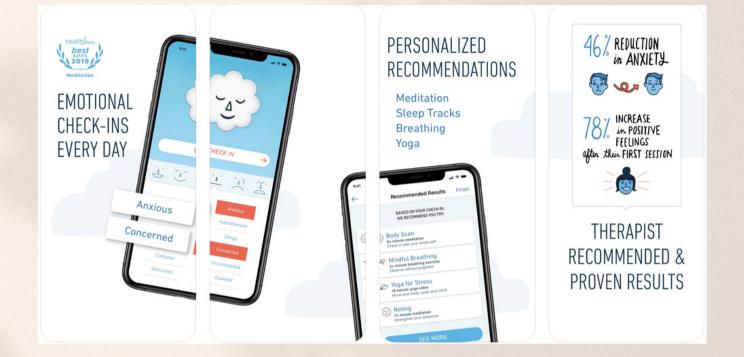
Individual Therapy\$150/50 min
Family Therapy\$200/50min
Couples Therapy\$200 /50 min
Prior StudentsSliding scale of \$40/50 min
Extra Time (As needed).
\$40/per 15 increments
You will receive an invoice
to your email address before
each session. Kindly pay
before the session starts.





- Cigna
- Aetna
- Optum
- United Healthcare





# **HELPFUL APPS**

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







