

Recovery and Balance

Welcome Letter

Dear program participant,

Welcome to Recovery and Balance. I'm glad you're here!

Your wellness goals are my top priority. I will do my best to guide you into better well-being and health.

I use the Headway platform for patient communication, appointment reminders, and billing. **Please check your email (and your Spam folder) to set up your patient account with Headway. Please complete all the onboarding questionnaires.**

Below are examples of goals my previous clients have strived for. Think of one or two goals you'd like to work on, and we will discuss them during the first meeting.

- Develop psychological flexibility
- Increase self-awareness
- Increase self-regulation
- Reduce stress
- Reduce symptoms of FND
- Adjustment from stress, anxiety, or depression
- Reduce feelings of pain
- Learn adaptive coping skills
- Stabilize mood
- Enhance focus and memory
- Reduce ruminating thoughts
- Improve function and independence



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