



Biopsychosocial Assessment + Wellness Recommendations

Client FAQ's

What is included in the assessment?

A 60-minute Biopsychosocial Evaluation and a personalized Wellness Recommendations document outlining multiple professional options per area of need.

How is this different from a therapy intake?

This assessment focuses on orientation and decision-making rather than beginning treatment immediately.

Why does it cost \$250?

The fee reflects the time, clinical expertise, and written recommendations provided. Many clients find it prevents trial-and-error care.

Do I have to continue therapy afterward?

No. There is no obligation to continue services with Serenity Counseling & Wellness.

Who is this assessment best for?

Adults feeling overwhelmed, parents seeking clarity, clients unsure about therapy, or individuals referred by medical or school professionals.

Can I use this if I already have a therapist?

Yes. Some clients use the recommendations to complement existing care or guide additional supports.