



## **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.