

Cultivate Mental Health & Wellness, LLC



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Comprehensive Psychoeducational Evaluation

Recommended for those with suspected ADHD, learning disabilities, traumatic brain injury, memory issues, suspected toxin exposure and mental clarity.

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|-----------------------------|--|
| Diagnostic interview 1 hour | • Math achievement |
| Review of client records | • Reading achievement |
| Assessments/Testing 4 hours | • Spelling achievement |
| • IQ | • Fine motor skills |
| • Attention/impulsivity | Emotional/Behavior evaluation |
| • Auditory processing | Lab orders/Radiology orders (if needed) |
| • Visual processing | Review of findings 1 hour |
| • Processing speed | Comprehensive written report (Typically 20+ pages) |
| • Memory | |

\$3595 without QEEG brain map / \$4495 with QEEG brain map



Psychological Evaluation

Recommend for those with purely psychological concerns such as ADHD, OCD, anxiety, depression and bipolar disorder.

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|-----------------------------|---|
| Diagnostic interview 1 hour | Emotional/Behavior evaluation |
| Review of client records | Lab orders/Radiology orders (if needed) |
| Assessments/Testing 2 hours | Review of findings 1 hour |
| • IQ | Written report (Typically 10+ pages) |
| • Attention | |
| • Auditory processing | |
| • Visual processing | |
| • Processing speed | |

\$2195 without QEEG brain map / \$3095 with QEEG brain map

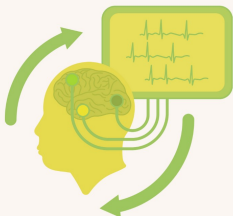


Mental Health Counseling & Coaching

Recommended for those who are eager to transform their lives in a holistic manner!

- Weekly 1:1 counseling 1 hr/wk via telehealth
- 12 weekly group "Peak Performance" mental health coaching sessions via telehealth
- Topics include genetics and mental health, exercise for brain health, nutrition for brain health, sleep hygiene, self-regulation skills, interpersonal skills, biofeedback for mental health, music for the brain, problems solving skills, study skills, etc.

\$795/mo.



QEEG-guided Neurofeedback Training

Recommended for those who do not wish to take medications, for whom medications did not work or those who experience too many side effects from medications.

(*must have prior Comprehensive Psychoeducational Evaluation or Psychological Evaluation with brain map).

\$105/30 min session

An integrative approach to improved
educational, neurobehavioral & mental health outcomes
with evidence-based assessments, counseling & consultation