

Somatic Groups

with Quynza Somatics

FIRST STEPS

COMPLETE THE APPLICATION FORM FOR THE GROUP YOU ARE INTERESTED IN. ONCE ADMITTED, GROUP PARTICIPANTS WILL RECEIVE INTAKE PAPERWORK AND A LINK TO MAKE THEIR PAYMENT.

ATTENDANCE

I HIGHLY ENCOURAGE FOLKS TO SIGN UP FOR A GROUP OFFERING IF THEY ARE REASONABLY CERTAIN THEY CAN ATTEND ALL SESSIONS. GROUP LEARNING AND PRACTICE BUILDS OVER THE COURSE OF OUR TIME TOGETHER. THERE ARE NO DISCOUNTS OR REFUNDS FOR MISSED SESSIONS.

PAYMENT

YOUR SPOT WILL BE RESERVED WHEN I RECEIVE PAYMENT. PAYMENT FOR THE FULL GROUP EXPERIENCE IS DUE TWO WEEKS PRIOR TO THE START DATE. YOU CAN REQUEST TO SPLIT YOUR PAYMENT IN TWO. FEES VARY PER GROUP. PLEASE REFER TO INFORMATION ABOUT THE GROUP YOU ARE INTERESTED IN FOR FURTHER DETAILS.

CANCELLATIONS

ALL CANCELLATIONS REQUESTED AT LEAST 4 WEEKS PRIOR TO THE START OF GROUP WILL BE REFUNDED IN FULL. PARTICIPANTS WHO REQUEST A CANCELLATION BETWEEN 2 AND 4 WEEKS PRIOR TO THE START OF GROUP WILL RECEIVE A REFUND FOR HALF OF THEIR PAYMENT. NO REFUND WILL BE GIVEN FOR CANCELLATIONS REQUESTED LESS THAN TWO WEEKS PRIOR TO THE START OF GROUP. THIS PRACTICE ALLOWS ME TO PROPERLY PREPARE THE CONTAINER FOR ALL PARTICIPANTS IN THE GROUP EXPERIENCE.

ACCOMPANIMENT

IT'S IMPORTANT FOR YOU TO UNDERSTAND THAT WHILE I MAY DRAW ON ASPECTS OF MY CLINICAL PRACTICE DURING GROUP—SUCH AS PSYCHOEDUCATION AND INTENTIONAL LISTENING—I WILL NOT BE YOUR THERAPIST. MY ROLE AND WORK AS A SOMATIC FACILITATOR IS SEPARATE FROM MY ROLE AS A THERAPIST.

LOCATION

PARTICIPANTS WILL RECEIVE INFORMATION ABOUT LOCATION UPON REGISTRATION. FOLKS ARE INVITED TO BRING COMFORT ITEMS SUCH AS FIDGETS, WEIGHTED BLANKETS, OR OTHER SUPPORTS TO OUR SHARED SPACE.

SLIDING SCALE

I RESERVE SLIDING SCALE SPOTS FOR EVERY GROUP OFFERING, BUT THERE MAY BE A WAITLIST FOR THESE SPOTS. LET ME KNOW IF YOU NEED ONE OF THESE SPOTS TO MAKE PARTICIPATION FINANCIALLY ACCESSIBLE. IF SLIDING SCALE SPOTS FOR A SPECIFIC GROUP ARE FULL, YOU CAN GET ON MY WAITLIST FOR THE NEXT GROUP OFFERING.

IN ORDER TO MAKE THIS PRACTICE SUSTAINABLE, I ALSO OFFER A COMMUNITY CARE & REDISTRIBUTION OPTION WHERE FOLKS WHO CAN AFFORD TO PAY MORE CAN SUBSIDIZE THIS WORK FOR OTHER COMMUNITY MEMBERS.

TO MAKE A DONATION TO SUBSIDIZE SOMATIC SUPPORT FOR OTHERS: SHARE FUNDS VIA [VENMO](#) WITH "COMMUNITY CARE" IN THE NOTES SECTION.

