

Intensives

with **Quynza Somatics**

FIRST STEPS

SCHEDULE A FREE 15-20 MINUTE INITIAL CONSULTATION TO MEET AND DISCUSS WHAT YOU WOULD LIKE FROM OUR WORK TOGETHER. IF YOU DECIDE TO WORK WITH ME, I WILL SHARE INTAKE PAPERWORK FOR YOU TO COMPLETE.

PREPARATION

WE WILL MEET FOR A 90 MINUTE PREPARATION SESSION TO DISCUSS YOUR GOALS, AND SO THAT WE CAN BEGIN ATTUNING TO OUR WORK TOGETHER. WE WILL CREATE A PLAN TO SUPPORT YOU IN PREPARING FOR THE INTENSIVE.

INTENSIVE

WE WILL MEET FOR A FOUR HOUR INTENSIVE. WE CAN MEET AT MY OFFICE IN ASHEVILLE, NC, OR WE CAN DISCUSS AN ALTERNATIVE LOCATION. DUE TO THE NATURE OF OUR WORK, I PREFER TO OFFER INTENSIVES IN PERSON—THE PREPARATION AND INTEGRATION SESSIONS CAN TAKE PLACE VIRTUALLY. PLEASE BRING COMFORT ITEMS SUCH AS FIDGETS, WEIGHTED BLANKETS, OR OTHER SUPPORTS TO OUR SHARED SPACE.

INTEGRATION

WE WILL MEET AGAIN 1-2 WEEKS AFTER THE INTENSIVE FOR A 90 MINUTE INTEGRATION SESSION.

PAYMENT

INVESTMENT STARTS AT \$1400 FOR A 4 HOUR INTENSIVE + 90 MINUTE PREPARATION SESSION + 90 MINUTE INTEGRATION SESSION. I WILL RESERVE THE DATES OF YOUR INTENSIVE, THE PREPARATION SESSION, AND THE INTEGRATION SESSION UPON RECEIPT OF PAYMENT. PAYMENT IN FULL ONE MONTH PRIOR TO THE PREPARATION SESSION. YOU CAN REQUEST TO SPLIT YOUR PAYMENT IN TWO.



ACCOMPANIMENT

IT'S IMPORTANT FOR YOU TO UNDERSTAND THAT WHILE I MAY DRAW ON ASPECTS OF MY CLINICAL PSYCHOTHERAPY PRACTICE—SUCH AS INTENTIONAL LISTENING, AFFIRMING, ENCOURAGING, REFLECTING, AND SUPPORTING WITH EMPATHY—DURING INTENSIVES, I WILL NOT BE ACTING AS YOUR THERAPIST. FOR THIS REASON I CANNOT DIAGNOSE OR TREAT CLINICAL MENTAL HEALTH ISSUES DURING INTENSIVES, AND I CANNOT BILL INSURANCE.

CANCELLATIONS

ALL CANCELLATIONS REQUESTED AT LEAST 6 WEEKS PRIOR TO THE INTENSIVE WILL BE REFUNDED IN FULL. INDIVIDUALS WHO REQUEST A CANCELLATION BETWEEN 4 AND 6 WEEKS PRIOR TO THE INTENSIVE WILL RECEIVE A REFUND FOR HALF OF THEIR PAYMENT, OR THEY CAN RESCHEDULE THEIR INTENSIVE WITHIN 6 MONTHS OF THE ORIGINAL DATE. NO REFUND WILL BE GIVEN FOR CANCELLATIONS REQUESTED LESS THAN FOUR WEEKS PRIOR TO THE WORKSHOP, BUT RESCHEDULING WITHIN 6 MONTHS WILL BE AVAILABLE.