

Somatic Coaching

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.

FREQUENCY

SOMATIC COACHING IS MOST EFFECTIVE AS AN ONGOING PRACTICE OF ACCOMPANIMENT AND LEARNING. I RECOMMEND THAT FOLKS MEET WITH ME FOR AT LEAST SIX SESSIONS, EITHER WEEKLY OR TWICE PER MONTH, TO BEGIN THEIR SOMATIC PRACTICE.

SCHEDULING

I WILL SHARE A LINK TO BOOK AT YOUR CONVENIENCE. YOU CAN CREATE A PROFILE IN MY PORTAL TO TRACK BOOKINGS, REMINDERS, AND FINANCES. SESSIONS CAN BE SCHEDULED ON A RECURRING BASIS, OR AS NEEDED BASED ON YOUR SCHEDULE AND MY AVAILABILITY.

FEES

MY FEES START AT \$175 FOR 50 MINUTE SESSIONS. I KEEP A CARD ON FILE, SECURELY STORED IN MY PORTAL, AND PAYMENTS ARE AUTOMATICALLY PROCESSED AFTER EACH SESSION. YOU CAN PAY FOR SESSIONS AS YOU GO, WITH MY FEE DUE AT THE TIME OF SERVICE, PAY FOR INDIVIDUAL SESSIONS AHEAD OF TIME, OR PURCHASE PACKAGES FOR A SLIGHTLY REDUCED FEE. ALL FEES ARE NON-REFUNDABLE. IN ORDER TO KEEP MY PRACTICE SUSTAINABLE I CHARGE THE FULL FEE FOR LATE CANCELLATIONS LESS THAN 48 HOURS IN ADVANCE; I ALSO CHARGE IN FULL FOR NO-SHOWS.

ACCOMPANIMENT

IF, DURING THE COURSE OF OUR COACHING WORK TOGETHER, IT BECOMES APPARENT THAT YOU WOULD BE BETTER SUPPORTED BY TRADITIONAL THERAPY, OR THAT THERAPY WOULD BE A HELPFUL COMPLEMENT TO OUR WORK TOGETHER, I WILL COMMUNICATE WITH YOU ABOUT THIS. I CAN HELP YOU FIND REFERRALS FOR A THERAPIST. 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—AS A COACH, I DO NOT WORK IN BOTH ROLES SIMULTANEOUSLY. I WILL BE YOUR COACH, NOT YOUR THERAPIST.

LOCATION

SESSIONS ARE AVAILABLE VIRTUALLY OR IN-PERSON AT MY OFFICE IN ASHEVILLE, NC.

SLIDING SCALE

I HAVE A LIMITED NUMBER OF SLIDING SCALE FEE SPOTS AVAILABLE. IF MY SLIDING SCALE SPOTS ARE FULL, YOU CAN GET ON MY WAITLIST FORM SO I CAN REACH OUT WHEN A SPOT OPENS UP. IN ORDER TO MAKE THIS PRACTICE SUSTAINABLE, I ALSO OFFER A COMMUNITY CARE & REDISTRIBUTION FEE WHERE FOLKS WHO CAN AFFORD TO PAY MORE THAN MY FULL FEE CAN SUBSIDIZE THIS WORK FOR OTHER COMMUNITY MEMBERS WHO WOULD NOT BE ABLE TO AFFORD MY SERVICES OTHERWISE.