

Appointments

To ensure the best possible therapy experience, most clients find it beneficial to schedule weekly or bi-weekly sessions during the initial phases of treatment. However, as clients make significant progress, some may opt for less frequent sessions or occasional "tune-ups" to maintain their well-being.

Cancellation Policy If you need to cancel an appointment, I require at least 24 hours' notice. This allows others the opportunity to use the reserved appointment time. If you cancel with less than 24 hours' notice, you will be responsible for the full appointment fee before another appointment can be scheduled.

Late Arrival If you arrive more than 15 minutes late for your appointment, the session will be canceled and it will be treated as a late cancellation.

Multiple Cancellations If a client has more than two last-minute cancellations within a 30-day period and are opting for less frequent sessions, a reevaluation of your treatment plan may be necessary to ensure you continue to receive the most effective care.

Your commitment to attending scheduled appointments and adhering to these guidelines remains essential for a productive therapeutic experience, whether you choose more or less frequent sessions. If you have any questions or special circumstances, please feel free to discuss them with me.