THEORIA
CONSULTING

Explore Therapy with Theoria Consulting:
A GUIDE TO WORKING TOGETHER

Hello and welcome. This document is designed to outline the key guidelines and expectations of working with me in therapy.

Sharing this information before you reach out is meant to *respect your time and offer clarity*, as both my approach and policies differ from many traditional practices.

This is not intake paperwork (which comes later). Rather, it is a clear overview of:

1. **The kind of therapy I offer and its suitability to your needs**
2. **What each session will and won't include**
3. **Timeline, frequency, and commitment**
4. **Cost and payment process**

After reviewing this information, if you feel aligned, you're welcome to email me (address below) to inquire about availability and schedule a preliminary call at no cost or obligation.

1. Therapy approach & suitability to your needs

I work with an approach called Internal Family Systems (IFS). IFS is a guided process of inner work that addresses trauma symptoms, depression, anxiety, and other struggles that interrupt life. It does so by helping us discover, understand, and unburden the root causes of difficult emotions, beliefs, patterns, and behaviors.

Many people are surprised by what emerges through this process. As new understanding develops, it often brings a sense of relief from shame,

self-criticism, and overwhelm. IFS is a good fit for a wide range of struggles, including those that are not yet fully understood.

Sessions involve a guided process of “going inside,” centered on curiosity and exploration. Rather than focusing primarily on surface-level symptoms, we follow those experiences as “trailheads” that lead us to deeper insight and resolution.

You can learn more about IFS through the video shared on the TheoriaPSY.com home page.

If you are seeking deeper understanding, meaningful insight, and a practical way to relate to yourself differently, this approach is likely a strong fit.

If you are primarily looking for ongoing space to process, analyze, or talk through weekly events and life developments, a more traditional talk-therapy approach will better match your expectations.

2. What sessions will and won’t include

All sessions are 90 minutes in length. This allows sufficient time to enter into the inner work of IFS and return in a grounded, integrated way. The extended format supports depth and helps prevent the work from feeling rushed, which is important in building inner trust - one of the central goals of this process.

At the beginning of each session, we’ll take a few minutes to connect about your current state and any important updates. Within the first 10 minutes, we’ll transition from conversation into the guided inner process.

The final 10–15 minutes are reserved for integration - discussing what emerged and ensuring you feel steady and prepared to return to your day.

While brief updates are welcome, most sessions are gently guided toward *direct work with your internal system*. When we engage in reflection, it will typically be focused on what unfolded within the session itself, rather than reviewing the events of your week or external life.

Administrative matters (scheduling, billing, etc.) are handled by email rather than during session time. If something arises in session, I’ll simply ask that you contact me by email so we can keep our time focused on the work.

3. Timeline, frequency & commitment

Effective therapy requires a meaningful level of commitment. *A minimum of three months* is required to support lasting and impactful change. While specific

outcomes cannot be guaranteed, this timeframe allows the work to take root in a meaningful way.

IFS offers a different way of understanding yourself, others, and the world. For some, this feels intuitive from the start. For others, it may feel unfamiliar at first. This is a natural part of the process. Trust develops over time, and giving the work space to unfold is essential.

Sessions are typically held weekly or bi-weekly. This is something we will determine together following an initial consultation, based on your needs and goals. Many clients begin with weekly sessions and later transition to bi-weekly as the work stabilizes.

Consistency is important. Changes to your session frequency may require advance notice and planning due to limited availability.

Availability:

Please inquire regarding current openings or waitlist status.

4. Cost & payment process

My fees and policies are designed for those ready to invest in meaningful, lasting change and to engage in a focused, transformational process. The therapy I offer is not typically designed to continue indefinitely, but rather to support clear and effective movement forward.

I accept private payment only. My rate is $225 per 90-minute session.

Engagement in therapy includes:

- A minimum three-month commitment
- A minimum frequency of bi-weekly sessions
- A credit or debit card kept on file

Your card will be charged on the morning of each session.

A typical investment ranges from $1,350 to $2,700 over the initial minimum commitment period, depending on session frequency.

Cancellation & rescheduling policy

When you book a series of sessions, you are holding dedicated time in my schedule as well as my full presence and preparation for that work. This commitment must be mutual.

Sessions are not skipped, they are rescheduled. If you are unable to attend a scheduled session (for any reason), you will be offered make-up time within a few days. Your session fee will be charged at the time of your original appointment. If you are unable, or choose not to, take an available rescheduling option, your fee for the missed session will be forfeited.

I do not bill insurance for therapy services. This decision reflects both practical considerations and a commitment to client privacy and autonomy.

If you would like to seek reimbursement, I can provide an invoice for your sessions. Some insurance plans offer out-of-network reimbursement. I recommend contacting your provider directly *in advance* to understand your coverage.

I do not participate in reimbursement processes beyond providing documentation.

If, after reading the information above, you would like to further explore working together, please reach out to schedule:

charity@theoriaconsulting.co