

MINDBODY COACHING FOR CHRONIC SYMPTOM RECOVERY FAQs

Intake Session: \$200 / 60 minutes, one initial meeting

In the Intake Session, we review the client's history of mindbody symptoms and recovery process. From information gathered, I develop a specific coaching plan based on the client's needs, interests, experience, and goals/vision.

Individual Sessions: \$160 / 60 minutes, weekly in 6-week series

Sessions may be spent noting client's highlights from the past week, a check-in on previous goals, focused time to address client's concerns, and action steps for the week ahead. My role is to guide any mindbody education, support client's healing process, clarify goals/offer accountability, and offer creative avenues for clients to make insightful discoveries. Sessions often include guided Internal Family Systems (IFS) "parts work" and may include Feldenkrais Awareness through Movement lessons.

Coaching Duration:

We start with a 6-session series to cover the basics (6 x \$160 = \$960)
Payable in full (\$960) or in 2 payments of \$480

After the initial 6 sessions, additional series of 6- or 12-week duration are scheduled as needed.

Single sessions: As my schedule permits, I can offer a one-off "booster-shot" type session for clients wanting extra support around a specific issue or former clients who are well-advanced on their healing journey and want a refresher. Regular \$160/60 min rate applies.

Payment:

I use Zelle for most payments (ssuprena@me.com).

I also accept Venmo (@Susann-Suprenant) and PayPal (ssuprena@me.com).

The intake session should be paid when scheduling.

Coaching series can be paid in full before the first session of the series begins or may be broken into 3-week payment chunks.

Insurance:

I am not able to accept insurance or bill insurance companies but have had clients who have had success getting some reimbursement from their insurance. Unfortunately, I can't advise on how to accomplish that because of the wide variety of plans and circumstances.

Communication:

Video – I use Zoom for remote client sessions. Our Zoom link remains the same for each session.

Email – Used for billing and occasional sharing of pertinent resources.

Phone/Text – Used for urgent issues such as a last-minute scheduling problem. Our coaching relationship does not include, nor am I able to provide, emergency care. For emergencies, please contact your primary physician/mental health provider or other emergency services/911.