**Fee & Session Agreement**

Clients pay the agreed upon fee in full at the time of session. An invoice with a receipt of payment will be emailed to you after the session for your records.

This invoice may be submitted to your out of network provider. It will contain all necessary details for claim submittal. Please contact your health insurance company to determine what your out of network benefits are, as well as how to submit claims.

**24 hours cancellation notice is required in order to avoid session charges.**

**Telehealth Guidelines**

Until further notice, all sessions will be telehealth using virtual video services.

Please sign the telehealth service informed consent form.

**Inclement Weather Notice (Currently N/A)**

In the case of inclement weather (snow, sleet, torrential rain, etc) and it is not possible for you to come in person for your session, a phone call or video chat session will be held in replacement. Please contact Jen directly ahead of time if you have any questions or concerns regarding this. Your confidentiality is important, and will be upheld regardless of the type of contact.

**Content of Session**

The relationship and session space is a forum for personal growth and development, including emotional, psychological, spiritual, and physical healing.

The therapeutic relationship is built on developing trust, honesty, and openness. This takes time and communication between both therapist and client.

Jen holds a space that will assist you in turning within and developing a trust and connection to your own intuitive wisdom. Jen believes that this is the most fluid, direct, practical, and transformative path.

This intuitive wisdom will assist you in undoing ego states (clusters of thoughts, feelings, sensations) so that you have access to greater amounts of SELF energy as time goes on. SELF is truly who you are. It is an experience that cannot be put into words, yet is without a doubt an experience you will have. It is inevitable.

While this treatment is focused on YOU, Jen honors the premise that each individual is a student and a teacher, meaning that this relationship has healing to offer both client and therapist through the innate nature of this work.

Your commitment to this work is life changing.

As you continue on this journey, you may start to see that what actually is changing, is merely the letting go of what you do not need anymore. You may start to find, that life changing becomes life accepting for what is left, has actually been here all along.