



Frequently Asked Questions

Is this therapy?

No. This work is not psychotherapy and does not replace mental health treatment. It is a structured, skills-based, integrative process focused on emotional regulation and sustainable health behaviors.

How is this different from health coaching?

This work integrates clinical insight, nervous system regulation, identity-based behavior change, nutrition, and mindfulness.

What if I miss a session?

One missed session with at least 24 hours' notice may be rescheduled if availability allows. Additional missed sessions are forfeited. Program timelines remain unchanged.

What if I arrive late?

Sessions end at the scheduled time. Late arrivals cannot be extended. If more than 15 minutes is missed, the session may be forfeited.

Is payment refundable?

Payments are non-refundable once the program begins due to reserved capacity.