[Mental] GEAR CLOSET

What to expect

Our Intake Session is an opportunity for us to meet, identify the issues or topics you wish to address, and set up a tentative direction and schedule for future sessions.

In subsequent sessions we will work collaboratively to directly address the issues or topics identified. Please be aware that in order to thoroughly track the content of our sessions and confirm my understanding of what is being said in the moment, I may take notes in the session. However, you may request to review or receive a copy of these notes at any time.

In addition, our work together will be most useful to you through your active participation both during and between sessions, by continuing to explore and utilize the techniques we go over briefly in session. After all, lasting transformation of any skill takes more than one hour per week of training!

Please note, if the nature and content of our sessions requires expertise outside of my competency, I am required to refer you to another professional who has the specialized training and qualifications to address your needs. However, if such a need arises I will make every effort to support you through this transition in any way I can, and connect you with the best resources possible.

Length and Location of Sessions

Intake Sessions are 60 minutes while all other sessions are 50 minutes.

The number and frequency of sessions will be largely determined by your personal and/or performance schedule, as well as the type and depth of issues or topics being addressed.

Sessions can be conducted in a variety of settings – including outdoor areas – and will depend on the degree of privacy you wish to maintain and your schedule. This too will be determined collaboratively.

Referrals & Additional Resources

My primary goal is to help you accomplish your goals. Therefore, if I believe that you may benefit from the services of another provider or specialist (e.g., physical therapy, nutrition) either in conjunction with or instead of my services, I will assist you in connecting with these resources.

However, you may always decline any additional recommended services, or choose to find a provider outside of those presented to you by Mental Gear Closet.

Fees and Payment

$180 Initial Intake Session (60 minutes)
$135 All other individual sessions (50 minutes)
All payments are collected via automatic payments set up through your Simple Practice Client Portal, unless otherwise determined.

Payments should be submitted within one calendar week of the received session to be considered on time. After 14 days of non-payment, a 5% late fee may be added to the session fee. If two separate late payments are withstanding, you may be asked to suspend future services until all financial obligations are resolved.

Sliding Scale: My ability to accept a client on a sliding scale is largely dependent on my current availability as well as an in person conversation to better assess the cause and extent of the need. However, please do bring this or any other financial concerns to my attention as soon as possible so we may collaboratively come up with a solution.

Missed or Canceled Sessions

I appreciate that sometimes life circumstances may prevent you from keeping an appointment. I ask that you kindly provide notice by 12PM THE DAY before any session you may need to change or cancel otherwise may be charged accordingly:
· $75 Late cancellation
· Full session fee for no-show, which is considered 15 minutes prior to the session and later.

When and How to Contact Me

Please do not hesitate to email me anytime at info@mentalgearcloset.com. You may also reach me via phone at (720) 735-9194. While I cannot guarantee an immediate response, I make every effort to respond to all email and phone inquiries within 24 business hours between 8apm-8pm, Monday - Friday.

Please note that while I make every effort to maintain the privacy of all information shared via email and phone, I cannot guarantee the complete security of our conversations given the nature of the internet and its other users.