

# How to Book Therapy Sessions

1

See the price

FREE - 15-minute new patient consults

\$250 - Insurance Initial 75 min Assessment

\$200 - Self-Pay Initial 75 min Assessment

\$175 - Insurance Standard Clinical Hour Session

\$150 - Self-Pay Standard Clinical Hour Session

(Limited Sliding Scale spaces starting at \$100 - Upon Request)

2

Click on the magical books!

Click on the **BOOK WITH AIMEE** button on the top toolbar to be linked directly to my scheduling portal.

3

See me for your assessment

Meet with me in-person or virtually one-on-one via my secure client portal and we will determine our best treatment plan and course of action based on your unique therapeutic needs.

4

You're penciled in on the spellbooks!

We will get you set up with appointment spaces based on our mutual availability and we will get you rockin' and rollin' with therapy!

## More About Therapy Intensives

1

What is a Therapy Intensive?

- A Therapy Intensive is a brief, accelerated, immersive, and structured experience.
- It condenses what might take months of traditional therapy into one, two, or three powerful days of focused, transformational work!

2

Who is a Therapy Intensive for?

- Therapy Intensives are for motivated and committed individuals ready to go deeper into their therapeutic journey.
- For people who highly value their time.
- Those who are going through a mild crisis or life transition.

### 3

### Who should wait on Therapy Intensives for better results?

\*\*\* If you are in active psychiatric crisis, engage in active self-harm behaviors, or find yourself resistant or emotionally disorganized, let's get you stable first. Therapy Intensives are not recommended for those in need of case management or long-term stabilization. \*\*\*

### 4

### Who should say "YES!" to a Therapy Intensive?

How many times a month do we pay for haircuts, massages, manis & pedis, chiropractic, acupuncture and other self-care items and activities?  
Probably A LOT more than we realize sometimes!

A Therapy Intensive is right for anyone ready to make an investment in their mental wellbeing. A therapy intensive is a more cost-effective, and time-effective way for you to achieve breakthroughs at a quicker pace. They are custom-tailored for you.

With therapy intensives you would be paying less than traditional hourly therapy to achieve lasting mental wellbeing.  
Your peace is priceless, and I want to show you how it can be yours.

### 5

### What Therapy Intensives do you offer?

I offer one, two, and three-day Intensives for Gen-Xers, Millennials, and Gen-Z learning how to manage stress and anxiety to survive late-stage capitalism, burnout, and familial estrangement.

This intensive is called: "Stress and Anxiety Management Intensive for Gen-Xers, Millennials, and Gen-Z: Navigating Estrangement and Burnout in a Fascist Hellscape" Over one to three 5-hour days we work to find your identity in the chaos and come to terms with attachment issues and intergenerational trauma patterns.

I also offer a \*more intense\* intensive titled:

"Staring Death In The Face: Exploring the Transformative Nature of Death through Existentialism, Cultural Spiritualism, and Absurdism" This is a once-in-a-lifetime experience to grow through grief whether you have recently lost someone you love, or you are struggling with the loss of creativity and meaning in the midst of existential crises or thoughts of your own mortality. We will spend one to three 5-hour days breaking down the taboos of death and dying, and de-mystifying esoteric and modern texts to provide existential and somatic relief and more rapid results than traditional therapy.

# 6

## Pricing

### Stress and Anxiety Management Intensive for Gen-Xers, Gen-Z, and Millennials: Navigating Estrangement and Burnout in a Fascist Hellscape

One 5-hour Day = \$1000, \$500 deposit to reserve scheduled time.

Two 5-hour Days = \$2000, \$750 deposit to reserve scheduled time.

Three 5-hour Days = \$3000, \$1000 deposit to reserve scheduled time.

### Staring Death In The Face: Exploring the Transformative Nature of Death through Existentialism, Cultural Spiritualism, and Absurdism

One 5-hour Day = \$1500, \$750 deposit to reserve scheduled time.

Two 5-hour Days = \$2500, \$1000 deposit to reserve scheduled time.

Three 5-hour Days = \$3500, \$1500 deposit to reserve scheduled time.

- All deposits are non-refundable



Cosmic Mirror Wellness Collective, PLLC

