

Jennifer H. Carey, Ed.S, LMHC

Illuminating the Stories That Bind Us

PSYCHOTHERAPY VS. COACHING

PSYCHOTHERAPY

- Goes inside to do deep, internal healing
- Diagnosis and treatment oriented
- Focused on past and some present
- Goal is to decrease symptoms that are getting in the way of healthy functioning
- Based on a medical model with best practices: psychotherapist can only use best practices associated with this model (DBT, Narrative, IFS, Existential), Tools and superpowers can be limited
- The relationship between client and therapist is based on trust and the client leans into the therapeutic process with the therapist as the leader and guide

Example: Individual or couple seeks therapy with me to help calm a fight, flight or freeze response occurring at work and/or with relationships. I guide client in becoming more aware of the past and how that is contributing to present patterns. I help clients illuminate the possible cause and stories that are contributing to the stress response and dysfunctional patterns. I employ approaches including Dialectical Behavioral Therapy, Narrative, Internal Family Systems and Existential to help clients heal, learn and grow.

COACHING

- Goes outside to fulfill goals, and steps toward visions, dreams, and purpose
- Action and goal oriented through strategic planning, values clarification, brainstorming and motivational techniques and anything else helpful
- Focused on present, future, and moving forward
- Based on any tools the coach deems appropriate to help client fulfill their goals and dreams
- The relationship between coach and client is one of equality and collaboration. The client is empowered to set the agenda and determines their own success by the risks they are willing to take and techniques they are willing to employ.

Example: Client seeks me for coaching because they have a desire/goal/dream knocking on their hearts and assistance in making it a reality is needed. I as the coach help you map out the goals most important to you in simple steps. I employ my strengths and myriad of tools from motivational techniques to performing arts to empower you to become the lead author of your best life. I as the coach make sure we illuminate the stories that bind you so they no longer get in your way.

Jennifer H. Carey, Ed.S, LMHC

Illuminating the Stories That Bind Us

SERVICES

PSYCHOTHERAPY

INDIVIDUAL

INDIVIDUAL PSYCHOTHERAPY 60 MIN **\$180**

INDIVIDUAL PSYCHOTHERAPY 90 MIN* **\$240**

Jennifer mostly uses practices and tools from Dialectical Behavioral Therapy, Mindfulness/Awareness, Narrative, Internal Family Systems/Parts Work, Expressive Arts and Existentialism to help client(s) heal, learn and grow.

**Why is 90 min better? We don't have to rush, get a meditation, and good parts work in. We get more traction, insurance always makes you stop earlier.*

COUPLES

COUPLES PSYCHOTHERAPY 60 MIN **\$220**

COUPLES PSYCHOTHERAPY 90 MIN* **\$295**

SAVE \$80 by Purchasing Any Package!

INDIVIDUAL 60 MIN PACKAGE OF 4.....(NORMALLY \$720) **\$640**

INDIVIDUAL 90 MIN PACKAGE OF 4.....(NORMALLY \$960) **\$880**

COUPLES 60 MIN PACKAGE OF 4.....(NORMALLY \$880) **\$800**

COUPLES 90 MIN PACKAGE OF 4 (NORMALLY \$1180) **\$1100**

BOOK A FREE 15 MINUTE
CONSULTATION

TINYURL.COM/JHC-CONSULT

Jennifer H. Carey, Ed.S, LMHC

Illuminating the Stories That Bind Us

SERVICES COACHING

COACHING - 3 MONTHS

SIX 90MIN SESSIONS \$2100 (OR 3 PAYMENTS OF \$740)

Join me on a journey forward toward your dreams. I guide you to make sure stories and parts support you in accomplishing tasks, and creating habits that will support you making your dreams a reality.

Includes:

- Check in with goals at each session
- Written action items after each session
- Empowering letter
- Journal Prompts
- Tailored meditation to support your goals
- Oracle card in between sessions
- 1 email exchange a week

COUPLES INTENSIVE

SCHEDULED ON A SATURDAY 10-3 \$1200

Join me on a journey where you will not only experience ways to better communicate, understand yourselves and each other. I will also teach you ways to take these tools outside of this session.

Includes:

- Scheduling
- Assessment ahead of time
- Understanding of what your goals are
- Communication
- Making a decision: I support couples in making loving and conscious decisions whether it's a decision to stay together or separate.
- Healing
- Identify the stories lying between you and your best relationship
- Ability to hold compassion for self and each other
- Conflict resolution: what parts, misinterpretations and stories are causing and fueling the fire. Steps in not only resolving from conflict but also bonding and growing even closer in a positive and healthy way.

JENNIFERHCAREY.COM

@JENNIFERH.CAREY

Jennifer H. Carey, Ed.S, LMHC

Illuminating the Stories That Bind Us

DO YOU HAVE OUT OF NETWORK BENEFITS?

STEP 1- GATHER WHAT YOU NEED FOR THE CALL

- Your insurance card
- Your name
- Member ID
- Date of birth
- My provider identification # 1164851754
and my Tax ID # is 823807454

STEP #2 CALL THE NUMBER ON THE BACK OF THE CARD FOR BEHAVIORAL HEALTH MEMBERS.

STEP #3 FOLLOW PROMPTS FOR ELIGIBILITY AND BENEFITS.

STEP # 4 FOLLOW PROMPTS TO GET TO A REPRESENTATIVE.

STEP #5 WHEN YOU GET TO THE REPRESENTATIVE, ASK IF YOUR INSURANCE POLICY OFFERS OUT OF NETWORK COVERAGE FOR OUTPATIENT MENTAL HEALTH.

They will either say -

- Sorry there is no coverage for out of network
- Yes and there is NO deductible
- or they will say Yes, but there is a deductible.
- Write down all of that information.
e.g. Deductible and how much is
reimbursed after that is met. Usually
between 40% and 80%.

STEP #6 ASK FOR THE BEST WAY TO SUBMIT A SUPERBILL: ONLINE? P.O BOX?

STEP #7 THANK THEM AND ASK FOR A REFERENCE # AND WHO YOU ARE SPEAKING TO.