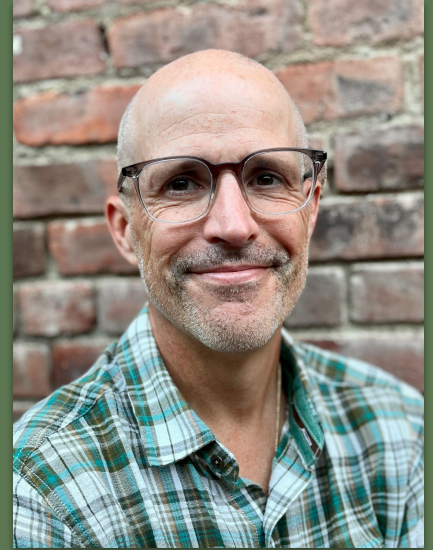




Therapeutic Mentoring: 3 Offerings



CG

CHUCK GENRE
THERAPEUTIC
MENTORING



Option 1: Concierge Therapy

CG

CHUCK GENRE
THERAPEUTIC
MENTORING

What it is...

An immersive “at-home retreat” blended into the flow of your life. For the client who seeks a comprehensive, personalized and continuous curriculum that extends beyond the therapy session. This is the best way to lessen **reactivity**, befriend your **emotions**, deepen your **engagement**, **presence** and **reverence** with your life and relationships.

Active mentoring highlights this offering, supporting and guiding your progress in and out of session, so you don’t lose hold of your precious progress. **The most important changes, after all, occur outside of the therapy room.**

Some advantages:

- The immersive nature of concierge therapy tends to produce results faster.
- A few months of concierge can save you money compared years of traditional therapy.

Next slide for more information.

Concierge Therapy: Therapeutic Mentoring

For a monthly fee:

- Flexible session lengths and types based upon need. (One free session per month).
 - Between session emails and/or texts from Chuck checking in with progress, offering support and tips so you can maintain the thread of therapeutic work.
 - Supportive readings, writing prompts, videos, podcasts and others.
 - Can include personalized and guided audios made by Chuck tailored to your present circumstance and needs. Audios can serve multiple purposes: reinforce and deepen therapeutic growth; help regulate nervous system agitation; provide guided natural meditation sessions of varying length; email courses to your inbox, etc.
 - LGE's: Life-Giving Engagements keep you accountable, active and evolving.
 - Periodic "therapy intensives" when necessary.
 - Concierge inspires you to give your mind-body-spirit system the attention and resources it needs to heal and evolve.
-



Option 2: Session Therapy



CHUCK GENRE
THERAPEUTIC
MENTORING

What it is...

A crafty blend of therapy and mentoring. Features my therapeutic mentoring approach, though not as comprehensive as concierge therapy. Treatment journeys are still personalized. You are free to evolve based upon your needs without concern that insurance companies will interrupt, end or redirect treatment.

Some advantages:

- No medical diagnoses necessary.
- Abundant flexibility and personalization of treatment and session formats.
- Insurers only reimburse for symptom alleviation, not personal growth work. Session therapy doesn't have this limit.

Prioritize you!

Invest in your mental, emotional and spiritual health—you are worth it ;-)



Option 3: Insurance Pay

A small portion of my clients pay with insurance. There are some significant caveats and ethical issues to consider with the insurance route:

- Insurers are now a 3rd presence in our sessions. They have access to your personal health information.
- Insurers require that you have a medical diagnosis. This diagnosis stays with you in your health records and could affect coverage in your future.
- Coverage is limited to what they regard as “medically necessary.” Their focus is symptom alleviation, not healing, growth or sustained wellness.
- Insurers impose limitations on how therapists treat clients, disempowering therapists who know more about their clients than insurance companies do.

I am in-network with...

- AETNA, Point 32 (Tufts & Harvard Pilgrim), Meritain Health, BCBS Massachusetts.
 - For Massachusetts residents only.
-



Rates

Rates are estimates and vary based upon specific needs, session lengths and types.

Concierge Therapy: \$850 - \$1100
(monthly)

Session Therapy: \$155 - \$210+

Insurance Pay: Fee based on your particular insurance plan



CHUCK GENRE
THERAPEUTIC
MENTORING