



• Portland, OR • [julie@bewholepsychotherapy.org](mailto:julie@bewholepsychotherapy.org) • [www.bewholepsychotherapy.org](http://www.bewholepsychotherapy.org) •

## Interested in starting therapy at BE.WHOLE PSYCHOTHERAPY?

Starting with a new therapist can bring about anxiety, so I want to make sure that you have all the information needed to decrease any undue nervousness.

### BE.WHOLE PSYCHOTHERAPY:

- Online therapy practice only.
  - Even after COVID-19, there is no physical office space for you to attend.
  - Online therapy is a great option for clients who have difficulty coming into the office for appointments because of busy schedules, travel, or lack of childcare, as well as for those living in rural areas. Services are offered through real-time video and audio over the internet. These sessions are secure, private, confidential, and convenient.
- Ways to schedule:
  - Contact Julie directly via email ([julie@bewholepsychotherapy.org](mailto:julie@bewholepsychotherapy.org)) or call/text (917-238-3420)
  - OR
  - Go to [www.bewholepsychotherapy.org](http://www.bewholepsychotherapy.org) and click on “Click Here to Schedule an Appointment”
- Once you have scheduled:
  - You’ll receive an email from Simple Practice (my online electronic health record), which will prompt you to fill out your intake paperwork (e.g., Consents, HIPAA, Practice Policies, Intake Questionnaire, etc.).
    - This intake paperwork will need to be completed 24 hours prior to your scheduled appointment, so that I can review your information prior to our appointment.
- It’s appointment time!
  - Go to [www.bewholepsychotherapy.org](http://www.bewholepsychotherapy.org), under Online Therapy you will see a box labeled “DOXY.ME Waiting Room.” Click that box. It will direct you to the online platform that will be used to have our sessions. This is a quick and easy process!
    - Please ensure that you have access to internet and privacy for our appointment.
- Fees:
  - All fees are due at time of service. Payment is made through IvyPay, which is a secure payment method just for therapists that is easy to use and protects your information.
  - I am not currently accepting insurance. Debit and credit cards are accepted, as are Flexible Spending Accounts (FSA) and Health Savings Accounts (HSA).
  - How You’ll Pay: During our intake session, I will text you an IvyPay link—which will allow you to quickly and easily file a card to pay for our intake session and future sessions. No need to do anything prior to our first appointment, just be sure to have your card with you during our intake session.
    - Intake appointment: 90 min, \$150
    - 60 min individual session, \$125
    - 45 min individual session, \$100