

Suggested New Client Protocol:

With respect to your time and budget, there is a sequence of treatment that I recommend to help both of us start off on the right foot and build early momentum in your healing process. I suggest a series of at least three appointments spaced a week or less apart. It's best to book all three sessions at once in advance as there is often a wait to get into the schedule, and having the intro series in place assures continuity of treatment for at least the first few weeks.

The first appointment will be 90 minutes and cost \$135. I accept cash, check or credit cards. For approximately the first 30 minutes we will go over your intake form, cover self-care and do a postural evaluation.

I will ask and answer any questions you may have and the goal is to get a-brief history and clarify what your goals and expectations are for treatment. Then I will explain self-care and give you your new therapy ball with general instructions on how to use it. After your session I will have more specific ideas for you but all in all this simple little ball is workhorse for self-care... and the more attention you pay to your body, the better your results will be. Next, there is a brief postural evaluation in standing and on the table where I will assess weight bearing, body symmetry and structural alignment in and out of gravity. Then, at last, 60 minutes of myofascial release hands on treatment! To learn what a session is like, see "What to Expect" on the [New Clients page](#).

The second appointment will be one hour (\$115) a week or so after the first one. It will consist of a brief update about what happened since the last time we worked together (what changed, what didn't, what changed and reverted back, what's new) and another postural evaluation to see where you are and how you appear and feel today. Then, about an hour of hands-on treatment.

The third session, a week later, is the same length and sequence as the second. This is how sessions typically go once you have seen me a time or two.

Clients can usually tell in one or two sessions if the therapy resonates and/or is creating positive change. If not, or if at any time, you decide that MFR is not for you whether you are not comfortable with me or my techniques, or if you don't feel it is helping you, or it just doesn't feel "right"... you are welcome to cancel that appointment and any subsequent sessions without cost or obligation. It is of the utmost importance to me that we build and maintain a relationship of honesty and trust so true healing can occur. I do not take anything personally!

After the initial series (or often even during it) the timing of future sessions usually becomes apparent. It is different for everyone. Often clients will continue weekly or every other week for a while, especially with long term or chronic issues, settling out to a monthly visit and eventually an occasional tune up. Sometimes three sessions is all one needs to get on the right track to move forward with self-care alone. Ultimately my goal is to get you back in balance and instruct you how to maintain it on your own using increased self-awareness and self-care techniques. I am always happy to step in again if needed or if a new issue arises. No scheduling protocol needs to be followed if you are an existing client.

This protocol is a successful guideline, not a mandate. I am happy to tailor your sessions and timing to fit your needs as best I can. If this sounds acceptable and appropriate, please contact me to schedule your introductory series via email or phone. See info below.