

LORETTA PARKER, LMFT

Phone: 916-837-5228

Email: lorettaparkerlmft@gmail.com

Address: 4221 Northgate Blvd., Suite 5, Sacramento, CA 95834

Price Sheet

Service	Cost	Description
Blossom - group education	\$395 for an 6-week online educational program	Learn how your self-defeating thoughts impact your everyday life and practice skills to help you change those thoughts and live your life with joy and purpose.
Brainspotting	\$250 for 90 minute session	This form of therapy is a mind and body healing experience. It can be used to heal pain caused by trauma, problems created by behavior patterns, and negative emotions that cause issues with motivation, performance, relationships, self image, and work productivity.
Co-Parenting	\$175 per hour *\$500 retainer prior to first session	Focus on four areas which include; assessment of current parenting skills, identify goals for co-parenting, education about co-parenting and practice new parenting skills.
Corporate Culture Services	TBD dependant on scope of project	Initial consultation at no cost to determine business need and scope of project. Services include corporate culture programs and/or speaking engagement.
Couples Counseling	\$175 per hour	Helping couples with: Communication, Conflict Resolution, Intimacy, Relationship Challenges and Solutions to Strengthen the Relationship.
FamilyCounseling/ Reconnection Counseling	\$175 per hour *\$500 retainer prior to first session	Helping families solve current problems and improve dysfunctional behavior patterns by finding solutions to create dynamics that work for the whole family.
Individual Counseling (Adults and Youth)	\$165 per hour	Helping adults and youth with treatment of: anxiety, boundaries, communication, depression, grief and loss, impulsivity, personal growth, relationship challenges, self-esteem and trauma.
Trauma-Informed Care	\$175 per hour	Customized therapy to address complex trauma.
Service Dog Assessment Package #1	\$530	Service Dog Assessment + 2 psychotherapy sessions +Service Dog Letter/ESA Letter
Service Dog Assessment Package #2	\$710	Service Dog Assessment + 3 psychotherapy sessions +10% discount on future psychotherapy sessions +Service Dog Letter/ESA Letter
Service Dog Assessment Package #3	\$890	Service Dog Assessment + 4 psychotherapy sessions +10% discount on future psychotherapy sessions +Service Dog Letter/ESA Letter