

LORETTA PARKER, LMFT
Phone: 916-837-5228
Email: lorettaparkerlmft@gmail.com
Virtual Practice - Telehealth

Price Sheet

Service	Cost	Description
Brainspotting	\$250 for 90 minute session \$175 for 60 minutes	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	\$225 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	\$195 per hour	Helping couples with: Communication, Conflict Resolution, Intimacy, Relationship Challenges and Solutions to Strengthen the Relationship.
FamilyCounseling/ Reconnection/Reunification Counseling	\$225 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.
Group Education Sessions	\$35 per session	There is a variety of topics to choose from; mindfulness, coping with anxiety and depression, negative to positive thinking, setting healthy boundaries, incorporating a support animal into mental health treatment, using cognitive behavioral therapy (CBT) to reframe your thinking, healing your inner child, relationship skills
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. Customized therapy to address complex trauma.