**Text

Description automatically generated**

**Actual Client Example**

This is the text of a client email after a thorough intake evaluation and assessment. A conversation has been initiated to begin collaboration to create a plan that meets the client’s needs.

**Session Plan**

In session 1 of 6, we took a deep dive into:

* enhancing self-love and appreciation of your authentic self
* managing chronic pain (including an effective visualization technique for immediate relief)
* releasing brain fog to regain mental clarity
* and ended with encouragement that you are about to have a breakthrough

This is a list of possible session options

Note: There are more suggestions here than what can fit into your 6-session package. That's on purpose, to provide insight into everything that has been revealed in our conversations, so you can really evaluate what's most important to tackle first within your package. If necessary, you can always add more sessions.

Session options:

1. healing session to release tension/fear/negative beliefs/emotions from events in the past year
2. dealing with chronic fatigue
3. energy reboot
4. addressing fibromyalgia
5. training in short self-help pain management techniques
6. dealing with autoimmune conditions and immune reboot
7. managing ADHD
8. anxiety:  stop hypervigilance/establish feelings/awareness of safety
9. manage grief (two grandmothers lost) in a positive way and closure
10. develop super focus/concentration -- the ability to enter a state of flow and stay there for as long as you like

Later, if possible, I would love the opportunity to help you with the relationship issues you described.