

Soulful Sage Counseling, LLC

Notice of Services

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This notice describes the services offered by Soulful Sage Counseling, LLC, so you can make an informed decision about whether they are a good fit for your needs. Please ask your therapist if you have questions about anything below.

Services Offered

- Individual therapy for adults (trauma, anxiety, life transitions, self-exploration, and more)
- Couples / relationship therapy, including Emotionally Focused Therapy (EFT) and Gottman-informed approaches
- Trauma-focused and somatic (body-based) therapy
- Internal Family Systems (IFS)
- Narrative therapy
- Exposure and Response Prevention (ERP) for OCD
- Sexual health and intimacy-focused counseling, for individuals and couples

Session Formats & Lengths

- Individual sessions: 60 minutes
- Couples / EFT sessions: 90 minutes
- Telehealth: available to clients physically located in Utah or Idaho at the time of session
- In-person: available at our Hurricane, Utah office

Who We Serve

Soulful Sage Counseling works with adults (individuals and couples) located in Utah or Idaho. We do not currently see minors or provide family therapy involving minors.

Services We Do Not Provide

To help you get the right care, please note that we do not provide the following services. If you need one of these, we're happy to help you find an appropriate referral:

- Medication management or prescribing (a psychiatrist or prescribing provider is needed for this)
- 24/7 crisis intervention or emergency services (see the Emergency Procedures section of your Informed Consent)
- Psychological or neuropsychological testing / formal diagnostic assessment
- Court-ordered evaluations, custody evaluations, or forensic services
- Inpatient, residential, or intensive outpatient (IOP/PHP) levels of care
- Substance use detox or medical treatment

Need a referral?

If your needs fall outside the scope of services listed above, let your therapist know — we're glad to help you find a provider who's a better fit, and can coordinate care with them if you'd like (with a signed release of information).

Fees & Insurance

Soulful Sage Counseling is in-network with SelectHealth and also works with Blue Cross Blue Shield, Cigna and Evernorth, EMI Health, MotivHealth, Optum, and UnitedHealthcare (UHC | UBH). Superbills are available for clients who wish to seek out-of-network reimbursement. Full fee details are outlined in your Informed Consent & Fee Agreement.

Acknowledgment

By signing below, I acknowledge that I have received and reviewed this Notice of Services and understand the scope of services offered by Soulful Sage Counseling, LLC.

Client — Signature

Date