



MIND AND BODY
COUNSELING ASSOCIATES

Welcome to our practice!

We are looking forward to meeting you and would like to take this moment to personally thank you for entrusting us with your counseling needs. It is a difficult, yet courageous, thing to do – to share your innermost thoughts, feelings, and worries with a professional therapist. We hope that this experience helps you with your journey towards personal growth.

We wholeheartedly respect your time and we request the same in return. We ask for at least 24 hour notice for any cancellation or rescheduling of appointments so that we may schedule another patient. If we are unable to fill your appointment slot with another patient, due to last minute changes or no-shows, we ask for compensation for our time lost.

Please remember to bring other necessary item to your first appointment: identification (driver's license), insurance card and co-payment (if applicable), and the completed intake paperwork. This preparedness will save you time during your initial intake appointment.

Feel free to contact our office should you have any questions about your appointment.

We look forward to working with you and helping you achieve your goals in your personal growth.

Sincerely,

Diana Wright, Psy.D & Team
Executive Director