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Free consultations

-15 mins

-consist of potential client asking questions about therapy process, my experience, and briefly what they are seeking therapy for.

The Godman method???

Couples

-Couples therapy is a type of psychotherapy focused on supporting couples in working through interpersonal challenges, understanding delicate intricacies o their relationship, improving communication, learning to attune to one another, and developing healthier ways of relating to one another. Specific therapeutic techniques and interventions are used to support the couple's goals.

Individual

We serve a broad range of psychosocial needs/age ranges. We specialize in clients experiencing depression, anxiety, PTSD, ADHD/ADD, employment related concerns, personal identity issues, marital or partner relationship issues, grief, disability and worker's compensation and forensic evaluations.

Groups

-waiting list for DBT, 6 to 8 per group

-Under groups, I want to provide a therapy support group for the LGBTQIA community

Psychological evaluations are done in person

Rates

Psychiatric Diagnostic Intake Evaluation- $200

Individual Therapy- $160

Couple's Therapy- $175

Psychological Evaluation- $175 per hour

Psychological Evaluation are used to assess cognitive, personality, and emotional functioning. Evaluations can also be facilitated for child custody, competency to stand trial, employment purposes, etc.

We collect co-payments at the end of each session. \*\* update how to you connect with my insurance

Cancellation policy

If you miss a session without cancelling or cancel with less than a 24 hour notice, our policy is to collect an $80 cancellation/no show fee [unless we both agree that you were unable to attend due to circumstances beyond your control]. Typically, the first cancellation/no show fee will be waived because we understand that life happens. Any subsequent cancellations or no shows will incur a fee. It is important to note that insurance companies do not provide reimbursement for cancelled sessions; thus, you will be responsible for the portion of the fee as described above. If it is possible, we will try to find another time to reschedule the appointment. In addition, you are responsible for arriving on time. If you arrive late, your appointment will still need to end at the scheduled time.

Payment

-take off paypal

 you listed two in your letter (804-592-0491 & 804-716-2627 – fax #)

However, any subsequent cancellations will incur a fee.