

Text message
2/13/24, 9:11 AM

Good morning Steve this is Mark Sig at the Gulfport Counseling Center please feel free to give me a call or a text that your earliest convenience all the best you in the meantime thank you very much

Good morning, may I call you in 10 minutes?

Hey Steve I'm actually in a dentist office right now. I don't know how long I'll be here but I can surely call you after if that's ok? please advise and all the best

Yes I'm free until Noon. I have my phone off silent mode this time. My mistake. No rush talk soon

Thanks 😊

2/13/24, 11:52 AM

Mark, what is the block of time you have tomorrow? I think we can make it happen

Good afternoon Steve my calendar is open tomorrow from 2:30 until 4:30 will that work? Please advise

2/13/24, 7:18 PM

Yes

At your office? 2:30?

Good evening Steve yes that would be great 2:30 to 3:30 tomorrow at my office my address is 2309 49th Street South Gulfport Florida 33707 it's a unit B look for the blue butterfly that'll make sense tomorrow I look forward to the opportunity all the best in the meantime

2/14/24, 8:18 AM

Good morning Steve if you get a chance can you please check your email for a link to the Gulfport Center's client portal there's a bunch of forms that I sent to you for an electronic signature the only form that I really need signed is the consent to treat thank you very much I'll see you this afternoon all the best

Ok

2/14/24, 12:14 PM

Done



2/27/24, 9:59 AM

Good morning Steve looking forward to our session Wednesday the 28th at 4:45 p.m. all the best to you in the meantime

2/27/24, 1:22 PM

Thank you I will be there



2/28/24, 4:44 PM

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I'm on my way just a few minutes late. I'm sorry.



No worries

Ok

2/29/24, 9:05 AM

Good morning Steve nice work in yesterday's session hopefully you are still tobacco-free here are the questions for processing in our next session what do you desire to be? What keeps you from attaining this? What are your greatest fears? Are you generally afraid of making decisions? How does hardship serve a purpose? Have you ever felt intimidated? And in what ways would you say you are different from the next person? All the best in the meantime thank you very much

3/1/24, 11:00 AM

Hi Mark, thanks for sharing the questions. I'm still tobacco free. Two "X"s on the board

Also, have you heard of this book?

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3/1/24, 12:03 PM

Good morning Steve hoping trust that all is well and you continue to crush it no I have not heard the book have you read it? What's it all about? Do you recommend it?

It was on a bench waiting for me when I sat down on a bench at the Gulfport beach walking my dog. It's title made it seem like a cliché self help book it's depth is profound. Was curious if it was on your radar all good.

I recommend The Source Field Investigations by David Wilcox

As a Man Thinkith by David Allen

And I'll let you know on this one. This book I found is 500+ pages so won't be soon.

Thanks mark

That is the universe talking to you and conspiring to take care of you



3/4/24, 11:04 AM

Hi Mark,

I have been drinking Kratom after much research and for two days easing into it, I have seen remarkable impact. Melissa, my wife, as well.

The more I understand its benefits and potential dangers, the more I believe it could be part of my new life. I wanted to notify you as my therapist that I was drinking it. Melissa advised I do that and makes sense.

In general, I wanted to put this on your radar going into our next session next Wednesday as well because my Adderall prescription requires an evaluation or I can't refill. I run out of medication on March 14th.

I want to have a plan for the days in between running out and a potential refill. No doubt there will be days between our session, script writing, pharmacy fill etc. This change in chemical levels is concerning to me as I've felt depressed previously when I can't get a refill.

Broadly, I'd like to explore :

- 1) refilling it after an evaluation with you on March 13th, receipt and sign off from my primary, refill asap - or ...
- 2) trying something else from big pharma that isn't adderall as it's losing its effects for me after so many years and I would like to explore other pharma options that aren't so similar to cocaine as you mentioned - or ...
- 3) this is a stretch for the short term, granted, but maybe in 2-3 months I can be completely off both Adderall and my blood pressure medicine I went on 6 months ago roughly.

Kratom has me thinking it's possible to have an all natural regime with potential to carve a healthy path off my two medications entirely without suffering from severe attention deficits (replacing with all natural supplements and hard work therapy sessions).

Thank you for allowing me to text on occasion. It's freeing and I appreciate you and our start to working together. No need to long back and forth dialog I know can find time during our session on the 13th

ps....I haven't touched tobacco pouches or even nicotine substitutes since our last session. Gum and rubber bands on the wrist are working. And a well defined WHY

3/8/24, 7:27 AM

Good morning and happy Friday Steve I thought I actually sent you a response several days ago but I realized that I never actually hit send on my text message anyway thank you for the heads up thank you for your candor and I hope and trust that operation tobacco cessation is still going strong looking forward to our next session and you're well defined why all the best to you and your wife in the meantime

Roger that Mark. Thank you

3/12/24, 7:23 AM

Top of the morning to you Steve looking forward to our session Wednesday the 13th at 4:45 all the best to you

3/12/24, 10:41 AM

I'll be there



3/13/24, 12:26 PM

<https://youtu.be/203vNiuLljE?si=Y3G-VKbzxElrHIRV>

I wanted to share this. I was in Austin last week to be interviewed on a show I felt was good timing to share strength in vulnerability, knowing my message may help someone listening, and to expose myself for my own development.

A year ago, 10 years ago, this wasn't possible because of ego and keeping up with my appearance that I valued with ignorance in tow.

It's a time commitment to get through it and I certainly am not asking anyone to watch it in full.

For you, I wanted to share this because you are playing a large role in my resurgence - From caterpillar to butterfly.

From that amazing metaphor I've embodied its meaning, the same meaning, but altered in context to fit my spirit - one that I draw strength from daily...the Phoenix...

"The rising Phoenix feared no loss, for the beds of ash defined the climb."

3/13/24, 1:45 PM

Good afternoon Steve thank you very much for sharing I will watch it as soon as I can looking forward to our session this afternoon

3/13/24, 6:03 PM

Good afternoon Steve great work in today's session just as a heads up the credit card that I have on file that ends in 47003 was declined do you happen to have another card that I could run? Please advise and all the best

Ah I lost my wallet and froze my card. One second. New one in mail but have my wife's Amex

3797 156495 41014

05/28

Thanks Steve can I get the ZIP code associated with that and if there's any little CV code or anything like that thank you once again buddy

Security code on front of Amex - 1234

Back of card is - 671

Zip is 33711

Got it, thanks

3/14/24, 11:23 AM

Melissa passed her drug test. Crisis averted

Awesome 👍

Congratulations 🎉

3/14/24, 4:10 PM

Mark, we forgot to discuss my prescription running out in a few days. If needed I can definitely stop by your office but I'm in a pinch without and my primary won't refill

Good afternoon Steve as a licensed clinician I don't have the ability to write prescriptions but I can certainly give you the name and number of some nurse practitioners that I've worked very closely with and they could help you out with that is that okay?

I remember you saying you couldn't write them, but my primary required a psych evaluation and I must have misunderstood. I thought that was something you could help with.

I would appreciate any introduction with a nurse practitioner and thank you very much

Oh yes you are absolutely right I had a temporary lapse for a second I will start working on the psych social evaluation right now I may have a few questions for you and I can get that sent to your email very very soon thank you for the reminder and please remind me again of the prescription was it vyvanse? Or was it adderall? And is it for attention deficit?

Adderall. I take 20 mg per day for ADD

Ok 👍 I'm on it thank you very much

Thank you!

3/20/24, 3:16 PM

Good afternoon Steve I hope and trust this text finds you well so I'm working on that biopsych social assessment for you and it is really something that we should do together in office and I know our next session is sometime in April is it okay if we postpone the completion of it until we can meet in person? Please advise and all the best

Not ideal for me but I waited too long. I understand it's not so easy being a controlled substance and the system sets me up to run out and struggle to time the refills perfectly. I run out in a few days I've been taking 1/2 per day I typically do. When I'm completely off it, I feel like my chemicals take time to adjust and have gone into close states of depression. Not every time. Typically when im in a bad spot which I think I'm much improving just worried I can't control it. Last time I stayed in bed for three days and just couldn't understand it. This is me diagnosing myself and complexities of pharma perhaps I'm not the best to understand what happens but my correlation is...cold stop = bad stretch of days

3/20/24, 4:42 PM

Good afternoon Steve I'm going to send you an email with a blank generic psych social assessment attached to it if you have an opportunity can you please fill it out and then that way I'll get it completed and then I can send it back to you and you can forward it to your physician and get your script sorted out I hope that makes sense and I hope and trust that you're doing well today thank you and all the best

3/22/24, 9:03 AM

Good morning Steve please check your email for a link to the client portal so you can access your bio psych social assessment please advise that I had to use language from the DSM-5 in order to authenticate various things please let me know if there's any questions I hope everything works out and you can get your prescription filled if the physician has any questions for me please feel free to pass along my name and number thank you very much

Ok thank you very much!

Yerp!!!!

4/1/24, 8:09 AM

Good morning, Mark, is it at all possible to shift our session from today to any other time this week outside of today? I apologize this wasn't more advanced notice.

Good morning Steve thanks for the heads up. Unfortunately this week is completely booked up. Would you like to keep the session or rain check until our next scheduled session on Wed 4/10 at 430. Please advise. All the best.

Good morning, Steve. I just had a cancelation for Tuesday April, the second at 1:45. would that be okay? Please advise thank you very kindly

Hi Mark,

I must have put the wrong date in my calendar.

I had today at 2:30pm for some reason.

I also have April 10th at 4:45pm scheduled on my calendar and so I double booked, that was my mistake.

I will keep April 10th at 4:45pm as scheduled. See you the.

Good morning, Steve. You did have the correct day and time. We had a session scheduled for today Monday, April. The first at 2:30. Would you like to keep that session?
Or would you like to reschedule for tuesday The second at 1:45 ? Please advise. Thank you very much all the best

I thought April 10th at 4:45pm was available. If so I will take that. I can't commit to tomorrow just yet

Greeting, Steve, thank you for the follow-up. Okay, so let's plan for Wednesday 4/10 @4:45.
Thanks 😊

Great thank you

4/1/24, 5:01 PM

Thanks Steve. See u then. Find your why's!!!

4/9/24, 7:25 AM

Good morning, Steve. Looking forward to our session Wednesday. The 10th at 445, just as it heads up. I had a cancelation. I could actually see you at 3:30. If that would work. Please advise and all the best

4/9/24, 12:35 PM

Mark I have to keep 445 see you then



Thanks

4/10/24, 2:44 PM

Mark, I'm back in town early and can take the 330 if available

Good afternoon, Steve absolutely. Thank you for following up. I will see you at three thirty

Ok



Thanks 😊

4/10/24, 4:47 PM

Mark, I ended up getting the other email. Being sent through a client portal server will have a delay but it is sending and emails received

4/10/24, 5:49 PM

Okay, thanks



4/23/24, 10:00 AM

Good morning, Steve. Looking forward to our session Wednesday. The twenty fourth at four forty five p m courage is calling, sir

4/23/24, 12:41 PM

Yes sir. I'll be there



4/24/24, 2:21 PM

Hi mark, I have a question. I'm trying to pick up a consulting side gig to help with financials during income down time and this guy has limited windows of availability and just asked to start at exactly 4:45 for a Zoom call, but the request came in today and for 445 today. I also start on new insurance under Melissa my wife on May 1st. Our benefits under Tampa General Hospital is very good and we have an actual reimbursement program for out of network (or non-networked) therapy but they don't back date it prior to coverage start date of May 1st. I learned of both the opportunity to speak with and close a consulting gig today as well as realizing the benefits we have and how it works starting May 1st.

As for me personally, I feel very much on the upswing. If I felt I needed the session, like last session I needed it given everything, I would ask the consulting call to shift but feel I shouldn't

Given both, would it be best for me to skip this week and resume post-May 1st to get the reimbursements. I respect any policy of yours that reflects a requirement window of X hours advanced notice. If there is a fee to that policy breach then I can weigh that against other details, but may still opt to skip due to the consulting opportunity call at 445 today.

Good afternoon, Steve, thank you very much for the heads up. I completely and totally understand about taking a rain check for today. And then resuming are regularly scheduled sessions. Effective Wednesday may the eighth at 4:45 PM. And yes, as a standard operating procedure. I do like to collect a fee for services. Especially if it's less than 12 hours in advance because it doesn't give me the opportunity to fill the time slot with someone else. I'm glad to hear that things are on the up. Swing, I really look forward to the opportunity to see you on Wednesday. The eighth we have much to discuss. Please continue to be courageous and brave. And continue to pursue a life that is full of meaning. Please don't hesitate to reach out. In the meantime, please don't hesitate to call or text otherwise. I will see you Wednesday the eighth at 4:45 PM. Thank you sir

Sorry for the horrible grammar. That's what happens when I do a voice text into my cell phone

No problem happy to pay the fee. What is the amount for my records

4/24/24, 4:41 PM

Thank you very kindly. It's 125 and I look forward to seeing you in 2 weeks all the best in the meantime. Thanks 😊

5/3/24, 8:52 AM

Good morning steve this is mark sig I just wanted to follow-up. See how you're doing and how things are going and confirm our session for Wednesday. May the eighth at four forty five, all the best to you and your wife

5/3/24, 10:33 AM

Yes no conflict

Perfecto!!!!

5/3/24, 1:33 PM

Mark, do you have any availability before Wednesday ? I've had some non-urgent life stuff and would like to see if you can move my session up earlier. If not, no problem, I will 100% keep my Wednesday session next week.

5/7/24, 7:29 AM

Good morning, Steve. Sorry, it's taken a couple of days to get back in touch with you. I was actually out of town for the weekend. And I'm just getting back to the office now. Unfortunately, I do not have any availability today. So I really look forward to our session Wednesday. The eighth at four forty five, all the best to you, sir

5/8/24, 11:35 AM

Hi Mark, can Melissa my wife join me in today's session?

Sure thing. I'll see yall at 445. Thanks

5/21/24, 7:28 AM

Good morning, sir. Looking forward to our session wednesday at twenty second at four forty five all the best

I'll be there

5/21/24, 1:31 PM

Good afternoon, Steve. I know our session Tomorrow is at 4:45, but I had a cancelation if you wanted to meet at 230 or 3 o'clock, I could do that. If not, I totally understand and I will just see you tomorrow at 4:45. Please advise and all the best.

Yes. Which time is better for you? 2:30? Or 3pm? I'm flexible before and after as well. Whatever you need your pick

Good afternoon, Steve, Let's go with 230. Thank you very much. I really appreciate it. See you tomorrow

Let's go with 230. Thank you very much. I really appreciate it. See you tomorrow.

5/28/24, 8:16 AM

Good morning, Steve. Looking forward to our session Wednesday. The twenty ninth, at twelve thirty all the best in the meantime

5/28/24, 10:47 AM

see you then



6/4/24, 7:36 AM

Good morning, Steve. Looking forward to our session Wednesday. The fifth at ten forty five all the best

6/4/24, 9:01 AM

See you then

6/5/24, 10:58 AM

Good morning, Steve. So I have view on my schedule twice for today? Once at 1045 and again at 445? How bizarre. 🤔

So i'm guessing I will see you at four forty five this afternoon. Please advise. 😊

Have you

6/5/24, 1:55 PM

Yes see you then

Does that still work for you? I honestly thought i missed it i had 10:45 on my calendar and just realized it. Off my game. Also was debating cancelling yesterday melissa has off today and we are in a rough patch

Hey Steve. Thanks for the follow-up 4:45 today. Does work and if you wanted you and Melissa can both come in or you can come in by yourself. Either way, it's fine with me. I'll see you in a little bit

Thanks 😊

6/11/24, 7:47 AM

Good morning, Steve. Looking forward to our session Wednesday. The twelfth at noon all the best in the meantime

6/11/24, 12:14 PM

May i bring melissa? We need a couples session

Sure thing. See yall tomorrow

6/12/24, 11:39 AM

We are coming from a doctors appointment Melissa joined me and we had to stay so they could test me for ADHD which was an not part of the schedule, but therefore we are running 10 minutes late

Ok 👍

6/18/24, 7:32 AM

Good morning, Steve. Looking forward to our session Wednesday. The nineteenth at four forty five, all the best in the meantime

6/18/24, 9:12 AM

Ok. Will be just me tomorrow. Things aint going well. Holding it down but need help navigating. Thanks, Mark. Gave a good day. Its beautiful today

6/18/24, 10:20 AM

Thanks for the heads up, Steve. It is a beautiful day time to be courageous and brave and pursue meaning

6/19/24, 4:45 PM

I am on my way

Okay 👍

6/20/24, 11:16 AM

Hello, Steve. I have forwarded a couple pages from my stoic journal to you. Please take a moment to peruse. And we can process during our next session. Please let me know if there is anything else. That I can do for you in the meantime. Thank you and all the best

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