

# intotoLife

COUNSELING FOR ADHD, ANXIETY & EVERYDAY LIFE

## Quick check: important info just for you

### Therapy Style & Approaches

I use personalized, evidence-based approaches, including:

- ▶ **EMDR** (Eye Movement Desensitization and Reprocessing)
- ▶ **Mindfulness practices**
- ▶ **CBT** (Cognitive Behavioral Therapy), including CBT focused on executive functioning (like organization, time management, task initiation, and planning)
- ▶ Other strategies tailored to your needs and goals

### Session Frequency

- Standard sessions last 30-45–60 minutes.
- Weekly sessions are recommended for steady progress.
- You can choose to meet twice a week for faster breakthroughs (this can be especially helpful).
- You can choose to have intensive sessions with 2 or more hours.

### Payment & Insurance

- If you have insurance Standard sessions (30-45–60 min) are covered by insurance
- EMDR sessions that run 90 minutes may require an additional out-of-pocket fee for the extra 30 minutes: **[\$120amount]**
- You can use your HSA or FSA card to cover the additional cost.
- Let me know if you have questions—we'll figure it out together.

### Your Role in Therapy

- Come as you are—no need to have all the answers.
- Therapy is a partnership: we'll work together and take things one step at a time.

### Your Role in Therapy

- We'll create a plan and identify where to start.
- Ask any questions you have—I want this space to feel safe and supportive for you.

### Have questions before we meet?



Feel free to reach out. I'm here to help. **I look forward to meeting you!**

**Cristina Culiolo Leoni, MA, LPC, LMFT**

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