



KAIROS

WELLNESS COLLECTIVE

MENU OF SERVICES

The Kairos Wellness Collective provides quality holistic, client-centered services for children, adolescents, adults, couples, and families experiencing OCD, hoarding, BFRBs, and other anxiety disorders, as well as ADHD and ADHD. At Kairos Wellness Collective, we believe in treating the whole person --- body, mind, and spirit.

Psychotherapy

We offer Acceptance Commitment Therapy(ACT), Adolescent Therapy, Animal Assisted Therapy (AAT), Chinese Medicine, Cognitive Behavioral Therapy (CBT), Couples Therapy, Crisis Support, Dialectical Behavioral Therapy (DBT), Exposure Response Prevention (ERP), Couples Therapy, Eye Movement Desensitization Reprocessing (EMDR), Family Therapy, Play Therapy, Shinrin You (forest bathing), and more.

Psychotherapy with Natalia Aíza, LPC

\$198/Session

50 minutes (adults)

45 minutes (children/adolescents)

Psychotherapy with Lauren Ciovacco, LPC

\$175/Session

50 minutes (adults)

45 minutes (children/adolescents)

Psychotherapy with Lacey Pacheco, LPCC

\$175/Session

50 minutes (adults)

45 minutes (children/adolescents)

Psychotherapy with Kat McNiece, LSW

\$170/Session

50 minutes (adults)

45 minutes (children/adolescents)

Psychotherapy with Carly Somerville, LPCC

\$165/Session

50 minutes (adults)

45 minutes (children/adolescents)

Psychotherapy with Elena Woughter, LPCC

\$150/Session

50 minutes (adults)

45 minutes (children/adolescents)

Psychotherapy with Marley Hill-Filben, LPCC

\$150/Session

50 minutes (adults)

45 minutes (children/adolescents)

Psychological Evaluations and Assessments

Official assessments provided. More info upon request.

ASD Assessment with Natalia Aniela (Blanchfield)

\$500 - \$1000



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Therapeutic Adjunct Services

At Kairos Wellness Collective, we are passionate about providing an umbrella of support for the client and the family, and are happy to provide home-based visits, in addition to office visits.

In-Home ERP Coaching with Matthew Williams \$175/hour
1-2 hours

In-Office ERP Coaching with Matthew Williams \$150/hour
1 hour

Ketamine-Assisted Psychotherapy

As featured recently on the Today Show as well as many other publications, Ketamine-Assisted Psychotherapy is a revolutionary treatment for Anxiety. The dissociative state brought on by ketamine sessions can often unlock strong emotions, ultimately leading to intense clarity, incredible revelations, and major shifts in thinking. Research on ketamine's effects on OCD are in the beginning stages, but in our own experience with clients, we have seen tremendous disruptions to the cyclical patterns of OCD thinking by way of KAP sessions.

KAP Sessions with Natalia Aniela Aíza, LPC 2-3 hours \$200/hour

KAP Sessions with Matthew Williams, TCM 2 hours \$150/hour

Holistic Services

At Kairos Wellness Collective, in addition to traditional therapy modalities, we integrate scientifically-backed holistic modalities such as Acupressure, Shinrin-Yoku - Forest Bathing, Chinese Medicine, and Mindfulness specifically to offset anxiety and enhance mental health and overall well-being.

Chinese Medicine with Matthew Williams 60 minutes \$150/Session



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