

Cancellation Policy

When you schedule an appointment, that time is reserved exclusively for you. In order to use my time effectively and to offer availability to others who may be waiting for an opening, I ask that you provide at least 48 hours' notice if you need to cancel or reschedule a session.

Cancellations made less than 48 hours before your scheduled appointment will be charged the full session fee.

Exceptions

I understand that unexpected events can occur. I do not charge for missed sessions due to true emergencies, sudden illness, or other unforeseen and unavoidable circumstances. If you're unsure whether your situation qualifies, I encourage you to reach out and discuss it with me directly.

Why This Policy Exists

This policy is in place for two reasons:

- **Respect for Time:** My schedule is carefully managed to accommodate each person with the attention and consistency they deserve. Late cancellations often make it impossible to offer that time to someone else in need.
- **Therapeutic Commitment:** Regular attendance plays a vital role in the success of therapy. A reliable schedule supports the momentum and depth of the work we do together.

Thank you for your understanding and cooperation.