

# JEANNIE INGRAM

## 2020 Services and Fees

Imago Relationship (couples) Therapy 60 minutes	\$180 / session
Individual psychotherapy session 60 minutes	\$180 / session
Individual or Couples therapy session 75 minutes	\$225 / session
Individual or Couples therapy session 90 minutes	\$270 / session
Imago Relationship therapy session 60 minutes	\$180 / session
No-show or late (<24 hours) cancellation	Full fee
Cancellation with greater than 24 hours notice	No Charge
Getting the Love You Want Weekend Workshop	\$795 / couple (or \$745 with early registration)
Package of Weekend Workshop and 12 Sessions (Recommended)	\$2925 (10% discount*)
Couples Group Sessions 90 minutes 2x month (Minimum commitment of 3 months)	\$90 (per couple) / session
Preparation for Partnership Group (Singles) 90 minutes (Ten session commitment) No pre-requisite	\$60 (per person) / session
Introduction to Imago (Educational seminar)	Free
Other services:	
Work with Imago Intern in Training	\$40 / hour
Consulting	\$180 / hour
Court testimony	\$1500 / hour + travel

\*Payment must be made in full up front to qualify for discount

## JEANNIE INGRAM

---

### Descriptions:

**Therapy:** Weekly or bi-weekly sessions in individual or couples format with Licensed Professional Counselor / Mental Health Service Provider with the goal of healing past or present emotional, relational or psychological injuries, or growing into greater consciousness. Additional expected outcomes include improved insight, communication skills, greater clarity, inner peace and awareness.

**Workshop or Seminar:** Educational event in which participants can expect to gain new skills and dramatically improve their connection and communication; become more conscious of their own impact on their relationships. Examples of included topics are:

- Stages in a relationship
- Why the power struggle is necessary for growth
- How and our childhood makes us who we are
- Why our partners trigger us so badly
- The things our survival mechanisms do to protect us and why they create even more problems (also known as “who are you and what did you do with the person I fell in love with”?)
- What to do about all of this
- Effective communication style that allows you to be heard and understood by your partner
- Creating a positive, mature, conscious relationship
- The workshops are safe, enlightening and fun. Participation is welcome and encouraged, but purely voluntary, as no one is ever required to disclose anything they’re not comfortable sharing.

**Groups:** Weekly, bi-weekly or monthly groups will include several participants, all of whom agree to fundamentals of safety, respect for self / others; group expectations, confidentiality and creating a safe environment for all. The goals of groups include personal and relational growth, improved insight / consciousness, increased connection and communication skills.

**Coaching:** Usually conducted in 30 minute telephone sessions, coaching is future related and goal directed assistance toward self or professional improvement.