



MIND AND BODY  
COUNSELING ASSOCIATES

Welcome to our practice!

We are looking forward to meeting you and would like to take this moment to personally thank you for entrusting us with your counseling needs. It is a difficult, yet courageous, thing to do – to share your innermost thoughts, feelings, and worries with a professional therapist. We hope that this experience helps you with your journey towards personal growth.

We wholeheartedly respect your time and we request the same in return. We ask for at least 24 hour notice (not including weekends or holidays) for any cancellation or rescheduling of appointments so that we may schedule another patient. If we are unable to fill your appointment slot with another patient, due to last minute changes or no-shows, we will request compensation for our time lost as per our office policies.

*Please remember to bring other necessary item to your first appointment: identification (driver's license), insurance card and co-payment (if applicable), and the completed intake paperwork. This preparedness will ensure that you are able to utilize your entire initial intake appointment time.*

Feel free to contact our office should you have any questions about your appointment.

We look forward to working with you and helping you achieve your goals in your personal growth.

Sincerely,

Diana Wright, Psy.D  
Executive Director MBCA