



MIND AND BODY
COUNSELING ASSOCIATES

At MBCA, we want your experience with therapy to be *transformative*. In order to achieve that goal the "FIT" between you and your therapist must be right. If after a few sessions with your current therapist you determine that it's not the right fit, we are happy to transfer you to an alternate therapist in our practice.

To ease that transition, our therapists can consult with each other and/or share your chart prior to your next session. If you so choose, we will need your written consent before proceeding.

Simply let your therapist or an administrative staff member know and we would be happy to assist you with the transition.