

Starting Therapy At Creative Wellness

Reaching Out

Email your inquiry to admin (connect@creativewellness.org.in) about Neha's availability/to request a time for a preliminary call OR directly book a preliminary call from the website (if the meeting is available).

Inquiry Call

Engage in a free 15-minute informal consultation phone call for prospective clients. This call allows us to assess whether we would be a good fit to work as therapist & client.

Confirm Your Decision

Email admin if you would like to start therapy with me. If yes, will receive a copy of FAQs and 'Neha's Service Agreement' from admin. If not, no worries - not everyone is a good fit to work with each other! If you require a referral, please download it directly from the website's Appointment page.

Book & Pay For Your First Session

You can book and pay for your intake session from the Appointments page on the website. You will be automatically redirected to an external link to pay. You can continue to make appointments for future sessions from the website.

Engage In Therapy

You are invited to discuss your goals and review your journey with me as needed in the therapeutic alliance.

Ending Therapy

A planned termination is always recommended. The only paperwork involved is to add an 'End of Therapy date' on the Service Agreement signed at the beginning of therapy.

Storage of Electronic Files

All files will be deleted after 2 years from the ending therapy date.

Looking To Restart Therapy?

Sometimes, clients prefer to take a long break and restart therapy with the same therapist. You are welcome to resume therapy with me.

PS: This is subject to availability and a new Service Agreement needs to be signed.