

# Scott Bennion, LLC

## Integrative Pastoral Counseling

### Whole Health Coaching

[faithloveandsexuality.com](http://faithloveandsexuality.com)

## Pricing

Coaching and counseling are investments in yourself and can change your life for many years to come. Coaching and counseling packages offer you the most value for your money. These rates are for telehealth (virtual) services and apply to both individuals and couples.

### STANDARD SESSION

- \$85 for 30m
- Paid Each Time

### STANDARD SESSION

- \$165 for 50m
- Paid Each Time

### CONSULTATION

- \$220 for 50m
- Paid Each Time

*NOTE:* Phone calls between sessions for *counseling clients* are \$3 per minute for every minute after 10 minutes.

*ACCESSIBILITY:* If you want and need our services but are unable to afford our 50-minute rate, you may want to consider a shorter 30-minute session at a lower rate (see above). Services may also be available on a donation basis. Such amounts are negotiable and determined together when you reach out to let me know of your need.

### COUNSELING PACKAGE

- \$900 for 6-50m Standard Sessions (Sessions are discounted to \$150 each.)
- *Paid Upfront. Payment plans are available.*
- *Non-refundable but can be used for up to 6 months.*

### COACHING PACKAGE

- \$1,800 for 6-50m Standard Sessions\*
- *Paid Upfront. Payment plans are available.*
- *Non-refundable but can be used for up to 6 months.*

\* The coaching package gives the client additional services and accessibility to their coach.

- Soul work (e.g. action steps for application)
- Personal exercises and resources
- Post session follow-ups or check-ins
- Prayer or affirmation support, by request
- Celebrations or spot coaching via text and audio messaging (90 sec. or less), Responses w/in 24hr.

Ready to break out of the box, to be free of those things that don't serve you, and to move from surviving to thriving? What's holding you back?

**Let's get started.**

Message via the [contact page](#) or email me at [support@faithloveandsexuality.com](mailto:support@faithloveandsexuality.com).

I look forward to connecting with you!

# FAQ's

## **1 | Do you offer a free initial consultation?**

Yes. Please contact me to schedule a complimentary 15-minute telephone consultation.

## **2 | Do you take insurance?**

After careful consideration, I have chosen not to take insurance. For this reason, I've sought to make my rates very affordable. Insurance companies get to dictate what they see as acceptable treatment which sometimes differs from my judgment as a clinician. They also generally require a specific mental health diagnosis which may or may not be helpful.

## **3 | How are sessions conducted?**

All sessions are currently offered via telehealth (or virtually). I do not have an in-person office space. Sessions by phone are acceptable if needed. For example, if there are technical difficulties.

## **4 | Are telehealth (virtual) sessions right for me?**

Virtual sessions provide you the convenience of connecting with a quality counselor/coach regardless of where you live. It is also very helpful for those dealing with commuting challenges or for those who feel more comfortable opening up over video or by phone.

## **5 | What should I expect in the first session?**

Your first session is an opportunity for you and your counselor/coach to get to one another and for you to ask any questions you may have. It is not uncommon to feel nervous or anxious. You may not even know exactly where to start. Such thoughts and feelings are completely normal and welcome! Once we get settled we will then review practice policies and your intake paperwork. By the end, we will have a plan of care to support you in your path of self-discovery.

## **6 | How many sessions will I need?**

In general, clients who commit to weekly sessions tend to progress faster and need fewer sessions overall than clients who start at a lower frequency. However, some clients prefer every other week to allow enough time in between sessions to process and for integration as well as completion of agreed-upon exercises and action steps where appropriate. The frequency of sessions is unique to each client and can be adjusted as appropriate especially as clients achieve their goals.

## **7 | Is what I say confidential?**

All client-counselor/coach conversations are private and confidential. When we use a video platform (e.g. Zoom, etc.) our conversations are private and confidential to the extent of those platforms' terms of service. In those rare exceptions when the safety of a client or someone else is at risk, disclosure of confidential client-counselor information takes place.

## **8 | Tell me about your practice.**

My practice affirms the dignity, value, and inherent worth of ALL people whether we have the same beliefs or not. This flows from my belief that God created each person as male or female and that these two distinct, complementary genders together reflect the image and nature of God. As such, God desires to be in an intimate relationship with you.

My life experience and education in mental health and spirituality prepare me for this work as well as my Christian faith which is very important to me. I actively incorporate each person's faith and spirituality into their process of healing, growth, and transformation. I enjoy working with people from a variety of faiths, cultures, and backgrounds. I create a supportive space that is safe, compassionate, and non-judgmental, for those seeking to better understand themselves as relates to faith, love, and sexuality and where appropriate to support them in reconciling these areas.

## **9 | How do I schedule an appointment?**

Leave a message that includes your name, telephone number, and the best time to reach you via the [contact page](#) or email me at [support@faithloveandsexuality.com](mailto:support@faithloveandsexuality.com).

## **10 | Cancellation/Missed Appointment Policy**

48-hour cancellation policy. Any changes to your scheduled appointment time given less than two full days' notice results in a charge of the full fee for the session. This is because I have limited slots available in my schedule. If you are unable to attend your session, I need enough notice to be able to release the time slot to another client or adjust the schedule accordingly. You are welcome to reschedule as needed. Sessions may be rescheduled with less than a 48-hour notice in the case of an emergency and at my discretion.