1890 S. 14th St, Suite 110

Fernandina Beach, FL 32034

904-621-0747

Thank you for contacting The Well Christian Counseling. We are so glad you’re here! This letter is being sent to you in order to cover some FAQ’s of our practice.

**ABOUT** **US**

Erica Swaringen

Erica is the founder and co-owner of The Well Christian Counseling. She holds a MA in Clinical Mental Health Counseling as well as a BS in Interdisciplinary Studies that includes Religion and Counseling from Liberty University. Erica is also a Certified Christian Life Coach. Providing clinical mental health counseling to : Adolescents, adults, couples, and families. She has been a homeschool mom of 6 children for 14 years. She was born and raised in Upstate South Carolina. As a spouse of a military veteran, she has a heart for caring for current and veteran service members and their families but enjoys serving people wherever there is a need.

Specialties:

-ADHD

-PTSD

-Anxiety

-Grief and Trauma

-Pre-Marital Counseling (SYMBIS certified)

-Life Coaching

Certificates:

-Stress and Trauma Care

-Healthy Sexuality

-Health and Wellness Coaching

-Breaking Free

-Caring for People God’s Way

-Caring for Kids God’s Way

-Marriage Works

Greg Swaringen

Greg is the co-owner of The Well Christian Counseling. With a MDiv in Pastoral Counseling from Liberty University, he provides counseling services to : Adolescents, Adults, Couples, and Families. Prior to his MDIv, Greg received a BS in Interdisciplinary Studies and an AA in Counseling and Applied Psychology. Greg is currently earning an MA in Clinical Mental Health Counseling from Liberty University. Greg is a native of North Florida and a US Army Combat Veteran with a heart for active duty service members and veterans, while also serving wherever he is needed. Amelia Island has a special place in his heart as his grandparents and mom are native to the island.

Specialties include Pastoral Counseling in the following areas:

-ADHD

-PTSD

-Anxiety

-Depression

-Grief and Trauma

-Pre-Marital Counseling (SYMBIS)

**GOAL OF THERAPY SERVICES**

It’s normal to feel anxious or nervous about beginning therapy, but our job is to help you feel comfortable and cared for. Our style is relaxed and easy-going and we view the therapeutic relationship as a collaborative effort.. There’s no judgment, criticism or blaming inside our office, and we will strive to create a safe and supportive space where you can explore and

express your thoughts, feelings, and concerns. We provide faith-based counseling to those who request it.

It’s important to note that therapy can bring up memories, emotions and other feelings that can be quite distressing, and many people say they start to feel “worse” than when they began counseling. This is normal and to be expected. However, this kind of discomfort does not typically last for very long and is considered an important part of the process. If you’re thinking about seriously hurting yourself or ending your life, it is critical that you take immediate action, such as going to the nearest ER or calling a crisis hotline.

**LOCATION AND SERVICES**

We are located on beautiful Amelia Island and welcome all North Florida residents as potential clients in office. We also offer Telehealth sessions throughout the state of Florida. Life Coaching and Premarital Counseling are available nationwide in office or through Telehealth.

**FEES**

Individual/Couple/ Family sessions are 50 minutes long and are offered at a rate of $125 per hour.

(additional time is available for couples/families and rate is based on clinician preference)

Life Coaching sessions are 60 minutes long and are offered at a rate of $100 per hour.

Pastoral Counseling sessions are available in 60 minute increments and at a rate of $75 per hour.

Premarital Counseling is available at $50 per hour.

**PAYMENT**

We are a private pay practice and do not accept insurance. Payment is due at time of service. Session fees are payable by cash, venmo, zelle, credit card, or HSA. I also utilize two HIPAA compliant payment services (IVY and STRIPE) that securely store your card information automatically and easily. We do provide superbills or a receipt of services to submit for

reimbursement. You will need to check with your insurance carrier about their Out of Network policies.

**CANCELLATION POLICY**

Please provide at least 24 hours’ notice if you need to cancel or reschedule. A standard fee of $50 will be charged for appointments canceled within 24 hours of appointment. A no show is considered missing an appointment without notice and will be charged full session fee. Two or more no shows may result in being discharged as a client with The Well Christian Counseling. When you schedule a therapy appointment that time is reserved solely for you and no shows and last minute cancellations prevent us from being able to accommodate other people during that time.

While we love our community greatly and wish to serve everyone, we strive to keep our case loads at a very low number. We feel this provides both you and your counselor an opportunity to serve from a place of rest and balance. Please keep in mind that recurring appointments help to ensure a place for you on the calendar.

At this time we are accepting new adolescents (10 yo and older), adults, couples, and families. We would be honored to refer you to someone in our area who works with children.

Please contact Erica @ 904-621-0747 or at

erica@hopenothurt.com for more information or if you’d like to get on our calendar.

To reach out to Greg for Pastoral Counseling please call 904-621-0747 or at

greg@hopenothurt.com

**We look forward to hearing from you soon!**

Greg and Erica Swaringen