



Healthier Lifestyle Consultation

The Healthier Lifestyle Consultation is a service offered and delivered by Dr. Elizabeth Celi. With professional training in the fields of psychology & psychiatry and seventeen years of professional experience with people experiencing chronic depression and anxiety disorders, Healthier Lifestyle Consultations are provided as a preventative tool in addressing issues and goals related to your daily life.

Your Healthier Lifestyle Consultations are conducted on sound psychological principles. This incorporates discussion, problem solving and motivational guidance around daily challenges you face. Individual review of your situation helps us to find effective, functional and practical coping and problem solving strategies and skills you need.

I conduct your consultation based on a professional Code of Ethics and Ethical Guidelines where your privacy and dignity are assured by Dr. Elizabeth Celi and administrative staff. Information is treated confidentiality, unless safety and/or legal circumstances require otherwise, as explained to you in your first session and as required. Be advised that in order to maintain professional standards, your circumstances may be discussed anonymously/confidentially with a professional colleague, a registered psychologist alongside your GP, as required, and as is standard practice amongst health professionals. Please note, Skype consults are *not* eligible for Medicare Mental Health Care Plans rebates (applicable to Australian clients only), however may be eligible for rebates with your private health fund.

Please note the Healthier Lifestyle Consultation does not have the resources to provide a crisis service or interim phone/email/text consultations. For emergency situations, within Australia call Lifeline on 1300 651 251, Lifeline Melbourne 131114 or Kids Help Line 1800 551 800, or equivalent emergency service hotline in your country.

As the client of a Healthier Lifestyle Consultation, you agree to communicate openly and directly with me. You understand that the effectiveness of each consultation rests on your active participation in gaining further understanding of your situation and reviewing the value of potential coping/problem solving strategies within your own circumstances. Any decisions/actions are based on your individual efforts, choice and responsibility.

In requesting a consultation time with Dr. Elizabeth Celi please advise of the whether you are booking in for an individual session or a discounted consultation package. Any consultation package selected is to be paid in advance of the first consult to qualify for the pre-payment discount. Receipt of payment will be confirmation of your first consultation date and time. **All consult and package prices are in USD currency**, recognized by clients booking from various continents including the USA, Europe and Australia.

As a client of a Healthier Lifestyle Consultation please be advised of the 24 hour cancellation and/or non-attendance policy. *Any confirmed appointments cancelled, rescheduled or non-attended within 24 hours of your appointment are non-refundable.* There are no refunds for appointments cancelled, rescheduled or not attended within 24 hours of your appointment time. This time was put aside for your consultation and care and as a result was not offered to other clients. Your appointment slot cannot be filled with another client in need within 24 hours.

As the client, you are aware of and agree to the usage, payment and cancellation terms of the Healthier Lifestyle Consultation packages outlined above and in the following pages. You are welcome to ask me any questions at any time at info@drceli.com for further clarity and assurance, to ensure you are clearly and confidently informed. Your acceptance of this agreement will be considered understood and confirmed upon booking your first session. I look forward to assisting you toward a Healthier and Rewarding Lifestyle.



“When your self image changes, You change”

Each day provides us with the opportunity to learn and grow. As a Psychologist experienced in health, exercise and clinical psychology (including a Personal Fitness Trainer franchise for near five years), I draw on this principle and motivational psychology in enhancing each individual’s *self-awareness*, *self-management* and *self-direction* toward an improved *daily* quality of life.

Click here for your online coaching package options - <http://www.drce.li.com/coaching-psychologist>

What do I need to do?

☐ Schedule:

Upon review and understanding of the above Healthier Lifestyle Consultation Agreement, please contact Dr. Elizabeth Celi directly on info@drce.li.com to commence the booking of your first consultation. Please advise if you are requesting a single consultation or a consultation package.

Upon receiving your email request Dr. Celi will personally respond with skype appointment time options and an invoice for pre-payment of your session/s. Sessions can be paid via credit card and PayPal. You do not need to have a PayPal account, PayPal is simply the secure payment process of credit card transactions. Please note the expiration period for consults/packages in the table below. Also please note the complimentary e-book/s you receive depending on the consultation package.

☐ Payment & cancellation terms:

Skype times are confirmed only upon *receipt and confirmation* of payment for your selected package at the time of scheduling. All payments are in USD currency.

If funds or the transaction are denied or not received for whatever reason, the time will not be held and other business arrangements will take priority.


** A kind reminder that Skype sessions confirmed and unattended and/or cancelled within 24 hours of the scheduled session, are *non-refundable* as the time has been set aside to provide service to you.

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Please be advised that skype consultations are not a replacement for professional one on one consultations with local medical and/or other health practitioners relevant to your situation. Skype consultations or any consultation with Dr. Elizabeth do not provide advice, they are for guidance, psychological counselling and psychological skills training only and clients engaged in Skype consultations are responsible for any actions taken of their own accord.

* **NB** - Additional charges apply if there are requirements for standardized psychological tests/assessments, materials, manuals, profiling, reports, extra travel etc. Any additional charges will be discussed with you prior to any action being taken.
* **NB** – Text messages are not accepted at any time for any reason. Email or other technological messaging beyond our skype consults are for administrative or logistical purposes only.

Online coaching psychology sessions with Dr. Elizabeth Celi, Psychologist, Author. Media commentator – www.drceci.com

Package options	No. of online consults**	Full cost	Save on your Package deal USD	Savings	Complimentary gifts (where applicable) Packages and processes
Sounding board	1	\$ 160	\$ 160*	---	*Paid up front via PayPal, sessions expire two (2) weeks from 1 st consult date ++
Touch base	2	\$ 320	\$ 290*	\$30	*Paid up front via PayPal, sessions expire three (3) weeks from 1 st consult date ++
Action Plan	4	\$ 640	\$ 480*	\$ 160	<p>Get your <i>free ebook</i> written by Dr. Elizabeth Celi, "Regular Joe vs. Mr. Invincible – The Battle for the True Man"</p> <p>*Paid up front via PayPal, sessions expire six (6) weeks from 1st consult date ++</p> 
Let's Shift Stuff	6	\$ 960	\$ 660*	\$ 300	<p>Get both of Dr. Celi's <i>FREE ebooks</i> for you or a friend "Regular Joe vs. Mr Invincible" "Breaking the Silence – a practical guide for male victims of domestic abuse"</p> <p>*Paid up front via PayPal, sessions expires nine (9) weeks from 1st consult date ++</p>  

** Each coaching consult is 50-60 minutes in duration. Any consult times confirmed and unattended or cancelled within 24 hours are non-refundable.

++ online coaching is conducted via Skype. Skype name will be sent once coaching consult time is confirmed.