



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 fourteen 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 that you face. Individual review of your situation helps us toward finding effective, functional and practical coping and problem solving strategies, with the 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 rebates via a Mental Health Care Plans through Medicare (applicable to Australian clients only), however may be eligible for rebates with your private health fund depending on the policy you have with them.

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

As the client, you are aware of and agree to the usage, payment and cancellation terms of the Healthier Lifestyle Consultation packages outlined in the attached Healthier Lifestyle Consultation information sheet (refer next pages). You are welcome to ask me any questions at any time for further clarity and assurance. Your understanding and acceptance of this agreement will be required on your online Insights Form to ensure you are clearly informed. 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 an experienced health and exercise Psychologist and Personal Fitness Trainer, I draw on this principle 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.drceci.com/coaching-psychologist>

What do I need to do?

∞ Schedule:

As per online procedures, you will be able to schedule an available time convenient to you and process your payment via PayPal as the secure credit card processor or through your own PayPal account as you choose/prefer.

The online scheduler will not allow appointments to be scheduled within 24 hours to prevent time clashes and unreliability with other professional engagements. Similarly, as per the 24 hour cancellation/nonattendance policy, the online scheduler will not allow appointments to be rescheduled or cancelled within 24 hours of the selected, confirmed time. There are no refunds for appointments cancelled or not attending within 24 hours of the selected time. This time was not offered to other clients and your appointment cannot be filled with another client in need within 24 hours.

∞ 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.

** 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 and other business commitments arranged around your time allocation to prioritize your coaching requirements.

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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	Get your <i>free ebook</i> written by Dr. Elizabeth Celi, "Regular Joe vs. Mr. Invincible – The Battle for the True Man" *Paid up front via PayPal, sessions expire six (6) weeks from 1 st consult date ++ 
Let's Shift Stuff	6	\$ 960	\$ 660*	\$ 300	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" *Paid up front via "PayPal, sessions expires nine (9) weeks from 1 st consult date ++  

** 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.