

Packages of Care for CFS/ME/Fibro/A-ID

Why a package?

With such complex conditions such as Chronic Fatigue-related conditions you really only get results with a complete package of care rather than ad-hoc appointments (which you've probably already tried with other therapists!). So, the way I work is to ask a minimum commitment of 6 sessions to ensure a consistent approach and focus using my specialist knowledge. You know exactly what to expect and how much it will cost. My packages offer considerable savings over the standard 'ad-hoc' price too so you pay less and get more. Our sessions together use proven coaching methods and between-session email support keeps you motivated and on track with your recovery. I help individually tailor the program to you as well so you get what you need when you need it. I offer a range of solutions for different needs but each option incorporates regular reviews to assess your progress. So, you will have the evidence and no more 'practitioner-hopping' trying to find solutions. We take the guesswork out of these conditions so you are no longer on your own without answers.

How does my package for CFS/ME/Fibro make a difference?

I use the **Chrysalis Effect Online Supported Recovery Programme** as the basis to your recovery with **emotional /trauma resolution** to fully support you through the programme. This is the part that most people miss out as it is the most difficult to do on your own. **Going inside to understand how emotions can get stuck in implicit memory causing symptoms is one of the biggest secrets to recovery.**



- The first ever holistic online recovery programme
- Focuses on causes not symptoms
- Developed by those who have fully recovered
- Supports you step by step through the key areas to regaining your health – 8 elements & 6 Phases
- Gives you hope, faith & belief that recovery is absolutely possible

It's as easy as 1,2,3

1. Sign up for 9 month Online Recovery Programme (£27/m - first month free)
2. Book your free no obligation 30 min phone Health Profile Assessment
3. Arrange the Initial Consultation with me (1.5 hours) for £150 where we will examine your health history and I will suggest solutions and packages.

A range of packages

You can choose from the **Starter 6 session package** or the **Premium 12 session (or 10+2) package** depending on what stage you are at and your needs.

6 session 'Rebalance' package

- 6 x Specialist Wellbeing Coaching/ Emotional/Trauma healing support sessions (incl. Between session emails, exercises) £750

Total Investment £750

This will give you a really excellent foundation to the recovery process enabling you to begin to restore your energy and vitality with a clear pathway to health and wellbeing. Perfect for those who are in the early stages or late of the condition (Phases 1/ 2 or 5/6), needing minimal/moderate support.

Optional extras

- All packages can be tailored to your personally with extra sessions £130
- *emails and between session support beyond this charged pro rata p/h
- at£125/h

Please note any nutritional assessments or tests, with a member of my team will be charged separately, as will any supplements or additional materials.

Yes please I would like to sign up for the 6 session 'Rebalance' package.

Upfront: £750

Or £200 deposit and 6 regular payments of £100*=£800

Signed Date.....

***If paying by standing order please make arrangements to pay :**

Patricia Worby, Halifax 11-06-97 00280389

On dates to be agreed but always by the day of the session.

Thankyou



10 session 'Revitalise' package

- 10 x Specialist Consultation sessions (or 8+2 team meetings*) £1200
includes email support/exercises/audios
- With 5 x catch up sessions (15 mins each)** £250

Total Investment £1500

The premium recovery package which enables you to more fully restore your energy and vitality with that breakthrough to recovery and true wellbeing. Perfect for those who are in Phases 3 or 4 or needing full specialist support to emotional healing

Optional extras

All packages can be tailored to your personally with extra sessions £130
 *where working in tandem with other practitioner(s) p/h

Yes please I would like to sign up for the 10 + 2 session 'Revitalise' package.

Upfront: £1500

Or £400 deposit and 6 regular payments of £200* = £1600

Signed Date.....

***If paying by standing order please make arrangements to pay**

Patricia Worby, Halifax 11-06-97 00280389

On dates to be agreed but always by the day of the session

Thankyou



Still not sure?

Discovery Session

Because of the high level of support I provide, it is very important that you and I develop a rapport so that I can maximise the benefits for you. This is a very personal, tailored service so I limit the number of people I work with so that each and every person gets the full attention they deserve. So, if you want to explore what I do and see if I'm a good fit for you then why not try a no-obligation Discovery Session (a free 20 min Skype or Phone conversation). If you and I do decide to work together then I can organise an Initial consultation where we will work out where you are in your health journey and which of the coaching packages are right for you. We could be the perfect partnership!

To arrange a session simply send an email now to patriciaworby@fgmail.com or click on the link on my website www.alchemytherapies.co.uk

Maintenance Session – 45 min catch up

For people who have completed the Chrysalis Effect Programme I offer the Wellbeing Maintenance Programme. This ensures you are able to maintain your progress. Please note this is a chance to *update and consolidate your learning only*. If something new is being tackled you will need a full hour normal session. If you are unsure which you need please ask me.

Top up Maintenance session (past clients only)

£95 per session