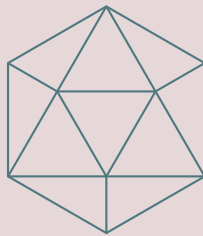




**STEFANIE RACCUGLIA**

EMBODIED HEALING

*Find grace, creativity, power, & peace*



**W e l c o m e**  
**P a c k e t**

TABLE OF

# CONTENTS

- 1 WELCOME
- 2 PHILOSOPHY
- 3 MISSION
- 4 POSSIBILITIES
- 5 HOW I WORK
- 7 SERVICES & INITIAL CONSULTATION
- 8 OFFICE LOCATION
- 9 ABOUT STEFANIE
- 10 FAQ
- 12 QUICK GUIDE TO POLICIES
- 15 JUST FOR YOU

# Welcome!

Bravo on taking the first step to engaging with your healing and well-being! This is not an easy step, and not to be taken for granted!! I look forward to you experiencing more success, less stress, and living your truth. Unraveling to rearrange isn't the easiest work, but it's the necessary work to living a centered, balanced life. Take a moment to generate deep gratitude for challenging yourself, and maybe even stepping outside your comfort zone:

## Pause

**Place a hand on your heart**  
**Notice how, in this very moment, you are prioritizing you...**  
**Putting your needs before any other task you could be doing right now**  
**Feel where you experience gratitude in your body.**  
**Take 4 deep breaths (inhale for 4, exhale for 6)**

This packet was designed to give you all the information you need about working with me and my practice. Whether you have lots of experience with therapy, or this is your first time, I hope the information provided gives you a sense of comfort, control, and clear expectations when choosing to work with me.

I encourage you to take your time as you read through this packet, and note any additional questions you might have for me in our Initial Consult (or anytime thereafter!). The forms provided at the end of this packet are for your information, and will be filled out before our first session electronically via your client portal. We will review this information again in our first session, but feel free to keep this packet handy in case you need a quick answer throughout our journey together.

Please ask all the questions that come to mind- wherever we are in our process. And if you need suggestions on questions to ask when choosing a new therapist, you can find my handout in the resources section of this packet on pg 12

## So What is Embodied Healing?

# Philosophy

## Embodied healing places YOU in the role of healer.

I believe, no, in fact I know, that I do not have any superpower to change your past and present suffering, nor transform your pain into peace. I aim to inspire the container to help facilitate the most powerful tool you will need for healing: the relationship you have with you.

In this relationship you will learn:

to honor the knowing of both the mind AND body, and therefore lessen the stress caused by rejecting, or even hating, the parts of yourself that “don’t fit” or “aren’t successful”.

You’ll learn to reclaim your value, assert your worth and redefine what success means to you.

NO MORE accommodating, assimilating, over-giving for a temporary fix of approval. NO MORE choosing to be one way or the other. You get to be it all.

**This relationship calls upon  
the inner knowing and  
intuition you already possess  
that has been silenced for too  
long and needs to TAKE UP  
SPACE.**

In working with me, you will learn:

to be in connection with your body is power

to be present with and feel the range of your emotional experiences  
generates vibrancy

to no longer let the doubts of mind and ego dictate your behaviors and  
actions creates peace.

You will learn that giving yourself permission to be and feel all that you are and do, is not selfish or heroic, but necessary.

# Mission

As a “practical-creative”, my mission is to help ideas and visions become reality through dismantling the inherited beliefs from systems designed to make us feel small.

My passion is to work with creative and ambitious women, from teens through adulthood, who are ready to transform past suffering into positive power, redefine what success means to them, and ultimately, learn self-love.

Whether you envision personal or relationship growth, healing from complex trauma and adversities, or successful professional endeavors, I will support you in uncovering the tools you already possess for authentically connecting with your inner strength and wisdom

# Possibilities

I am SO excited to help you see all of your possibilities, dispel self-prescribed limitations, and find order in what might feel like chaos.

Many folk come into therapy with a fairly narrow definition of what success looks like both in and outside of therapy, which can lead to repeated feelings of failure and low self-esteem. Therapy by nature is highly individualized, so although I can't make any guarantees about what your healing journey will look like, I will help you assess change and progress, together we will redefine what success looks and feels like to you.

Clients I work with have had success with:

- ✦ A fuller and stronger self-identity beyond pain, trauma, and diagnosis
- ✦ Increased trust and ease in decision making
- ✦ More fulfilling and satisfying relationships with friends, family and partners  
Improved leadership skills in the workplace
- ✦ Confidence in navigating conflict
- ✦ Competency in managing overwhelming feelings/dys-regulation
- ✦ Overall improved sense of confidence, self-esteem, and positive body image  
Increased creativity
- ✦ Significantly reduced feelings of stress, shame, and self-aggression.

**These outcomes are because of the commitment and courage of the clients I work with and my unique approach to therapy.**



# How I Work

I use a body-aware framework to create opportunities for my clients to understand, express, respect and connect with their whole self-- body, mind, heart & soul. My unique approach is due to the way I have integrated many modalities into a practice that bridges movement, creativity, challenge and mindfulness for mental wellness and healing.

I am Somatic (body) Psychotherapist and Dance/Movement Therapist which maintain the belief that one's awareness, connection, and relationship to their body (soma) is a fundamental agent of change, relief, and healing. There is specific attention to the nervous system and interpersonal neurobiology— “what's going on in the brain and how is it impacting my body?”



Dance/Movement Therapy is a branch of Somatic Psychology that utilizes psychotherapeutic movement to challenge preconceived, inherited, or societal beliefs about self that are possibly limiting, preventing growth and healing. Through expressive movement and other creative arts, non-verbal expressions are explored and integrated to promote self-trust, self-love, and self-compassion.

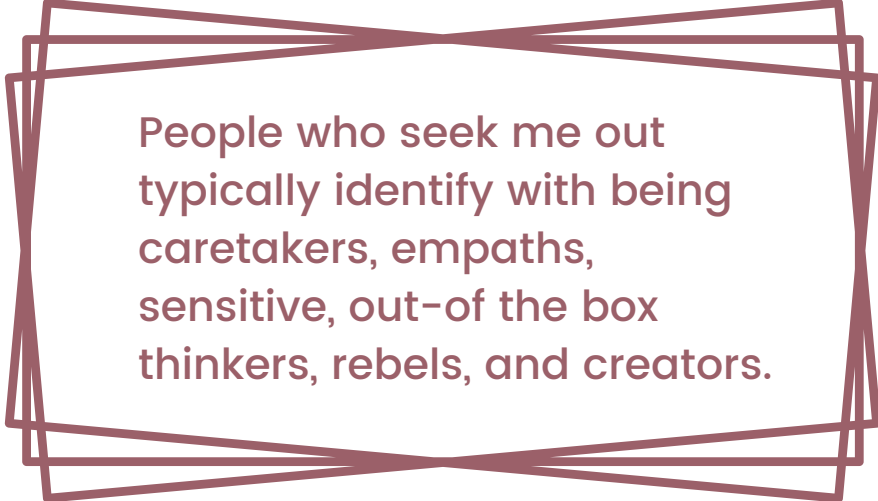
This creative modality can help clients grow through challenges related to self-esteem, poor body-image, boundaries, body awareness, relationship struggles, self-efficacy, vulnerability, and trust.

# How I work (cont'd)

## OTHER MODALITIES I INTEGRATE INTO MY WORK INCLUDE:

EYE MOVEMENT DESENSITIZATION REPROCESSING (EMDR)  
CONTEMPLATIVE (MINDFULNESS-BASED) PSYCHOTHERAPY  
ATTACHMENT THERAPY  
HAKOMI  
SENSORIMOTOR PSYCHOTHERAPY  
INTERNAL FAMILY SYSTEMS/ PARTS WORK  
BODY MIND CENTERING  
SYNERGETIC PLAY THERAPY  
DRAMA THERAPY  
NARRATIVE PSYCHOTHERAPY  
PLAYBACK THEATRE  
TRANSFORMATIVE MEDIATION

My style both in/out of the therapy room is collaborative, relational and, at times, direct. I value showing up for you with my full presence; while my commitment to diversity, nonviolence and compassion allows me to create authentic connections and loving environments.



People who seek me out typically identify with being caretakers, empaths, sensitive, out-of-the box thinkers, rebels, and creators.



# SERVICES

Individual psychotherapy and dance/movement therapy for adults

Family Therapy

Psychotherapy and dance/movement therapy for youth and teens ages 11-17

Dance/Movement therapy for children ages 7+

Art and Movement based Social-Emotional skill development groups/classes

Body awareness and movement coaching

## Deciding if we are a good fit?

Your healing journey begins with finding the right therapist for you. And remember, not every therapist is for every person-- and that's a good thing! I believe the therapeutic relationship can play a foundational role in successful treatment.

**I offer a free 20 minute consultation either by phone or video conference to help us to determine if we are a good fit for working together.**

Read my handout on page 15, if you need some support or guidance on questions to ask when choosing a therapist!

To schedule your free initial 20 minute consultation please schedule [here](https://SRPCscheduling.as.me/) or visit <https://SRPCscheduling.as.me/>

OR

Email me at [stefanie@stefanieraccuglia.com](mailto:stefanie@stefanieraccuglia.com) for additional appointment times!

**Please read this packet prior to our initial consultation (and remember, you don't need to fill out the paperwork yet!)**

# Office Location

**910 Santa Fe Dr.  
Units 12b and 11  
Denver, CO 80204**



Located within the historic Santa Fe Art District in Denver, CO

2-hr street parking is available both on Santa Fe Dr., 9th, and 10th ave.

Public Transport Available: RTD Bus 1 & 9, Light Rail Station 10th/Osage



Front of Building



Go to Second Floor- Enter into Suite 12b Lobby (private en-suite bathroom, water/ tea)



My office...



8 and Studio.. plenty of room for movement

# About Stefanie

Born and raised in a business-minded family in New York City, I learned a lot about how to be a “do-er”, an “achiever”, and how to do it all, and do it quickly. In never slowing down, I neglected my own needs, and therefore never felt satisfied with myself, my work, or my relationships. Even when I loved what I was doing, this way of being caused pain, shame, self-aggression, anxiety, and unnecessary stress.



Through movement and performance, I learned how to create a positive relationship with myself. I earned my BA in Dance and Theatre and formally danced in musical theatre productions off-Broadway. Through informal and social movement and improvisation, both nationally and internationally, I found community and internal sense of belonging.

My passion for movement remains as such because it gives me a sense of freedom, acceptance, and joy. I also discovered that performing alone wasn't enough, I wanted to help others explore the same joy for themselves so I decided to become a Dance/Movement therapist..



I graduated from Naropa University in Boulder, CO with an MA in Somatic Counseling Psychology with a dual concentration in Body Psychotherapy and Dance/Movement Therapy in 2016. I became a Licensed Professional Counselor (LPC) in 2016

# Frequently Asked Questions

## **1. What's the difference between a therapist and a life coach?**

Therapy and Life Coaching can have some similarities, but the key difference will be in the treatment. Simply said, therapy focuses on mental health (anxiety, depression, trauma, etc) and emotional healing to give you the skills to navigate and create the life you desire and need. While life coaching focuses on setting and achieving goals, and is a little bit less about "why you haven't achieved those goals yet".

## **2. I'm not comfortable dancing in front of people, am I going to have to do that?**

NO and YES. I am a Dance/Movement therapist, and therefore I believe movement to be a valuable tool for healing. However, Dance/Movement therapy is not about dance education or about dancing- in the traditional sense of the word. Every session is both unique to the client and where the client is at in the present moment. Yes, I might challenge you to step outside of your comfort zone, but we will work at your pace and with your resistance. I have a very wide range of what I consider to be "movement"- it can be big and small, or be just about breath. Ultimately, I aim to support you in expression and connection with yourself during times when words or cognition might not be available

## **3. Can gifted and highly intelligent people still make use of therapy?**

YES! Therapy is not about anyone telling you who you are, nor about advice on how you should be. In therapy, you are the expert on you.

Gifted, talented, creative folk often have a higher level of emotional sensitivity and empathy that can feel really overwhelming. This can cause feelings of awkwardness, or not belonging- especially in social situations when it is clear to you that you are experiencing things differently than others. This can lead to feelings of isolation, depression, and self-aggression. Therapy can help you release those overwhelming feelings rather than suppressing them.

Another common experience for gifted, talented, and high IQ folk is that they tend to create impossibly high standards for themselves which can leave them inundated with shame and feelings of not doing or being good enough. This cycle can create a lack of self-trust and/ or intense procrastination tendencies. I believe therapy can support these folk in better knowing how their emotional and nervous systems work so they can spend more time using their gifts to their full potential, and essentially getting out of their own way.

#### 4. How long should I expect to be in therapy?

Unfortunately, there is no standard length of time one can expect to be in therapy. However, I can confidently say that therapy is not about quick fixes or immediate gratification. However, small shifts, new awarenesses, and new perspectives might occur fairly quickly. Overall, length of time spent in therapy depends exclusively on the individual and what they are hoping to gain from therapy.

In the beginning of treatment, we will establish treatment goals and throughout our journey we will assess progress together. New goals or awarenesses often emerge as the process continues, so it is not a matter of “did we reach all the goals” but more about if you feel confident in the tools you have developed to navigate challenges and self-growth without therapy.

I do not expect nor wish you to be in therapy any longer than is needed for you. And for some, therapy serves as the outlet to engage with their on-going inner quest towards self-growth. For others, they seek to learn tools for one specific area and once that has been accomplished, they wish to end. Generally speaking I see clients gain new awareness and understand new tools within 3 months, and really begin to accomplish goals within 6 months.



*I am thrilled to be exploring our future work together and feeling the excitement of helping you see and be the magnificence of who you already are! This document is a quick overview of my practice policies that may help answer some more of your logistical questions about our work together! Please feel free to ask any/all questions you may have via email, phone, or in our initial consultation!*

### **Quick Guide to Policies**

#### **Electronic Health Records**

I use a HIPPA compliant cloud-based service called *TherapyNotes* to store all of your Protected Health Information (PHI) including (but not limited to) treatment plan, diagnosis, progress notes, and paperwork. Once we have scheduled our first appointment, you will receive an email invitation to create a login to the Client Portal- here you will download, upload, and electronically sign all documents.

#### **Scheduling**

Generally, we will schedule appointments at the end of sessions if we do not have standing appointments. Otherwise, you are welcome to email me at [stefanie@stefanieraccuglia.com](mailto:stefanie@stefanieraccuglia.com) to schedule an appointment. I cannot guarantee availability within the same week you request.

#### **Cancellations**

If you need to cancel or reschedule an appointment, please give notice within 48 hours. If I do not receive at least 48hrs notice, you will be automatically charged for the full session rate.

#### **Rescheduling**

If you wish to reschedule your appointment within the same week, as mentioned you must give at least 48 hrs notice. I cannot guarantee openings for rescheduling. If I do not receive notice by 48 hrs, and we cannot reschedule to a time (either in-person or teletherapy) within the same business week, it is considered a cancellation and you will be responsible for paying the full session fee.

#### **Lateness**

If you are more than 15 minutes late to your appointment **AND** you have not been in communication with me via phone, text or email; your appointment will be considered cancelled. I will not be available should you arrive after the 15 minute mark, and it will be considered a cancellation. If you are running late, please let me know. I will not contact you to remind you of your appointment. Session rates will not be adjusted due to lateness.



### **Missed appointments**

If you do not attend your appointment at all without any communication this will be considered a “No Call/ No Show” (NCNS). Our work together will be terminated after one NCNS. Emergencies and extenuating circumstances should be communicated as promptly as possible.

Generally speaking, I understand that things come up that may be outside of your control including illnesses and other emergencies. Please value your own therapeutic work and time and be in as much communication as you can/need to be.

### **Phone and Email Communication**

#### **Email Security**

I do use a secure and encrypted email service to make sure your electronic communications are protected as best as possible. This is not a flawless system, so please be mindful of what you are communicating and documenting electronically. You will be required to sign a consent to electronic communications.

#### **Communication in between sessions**

If you need or would like to be in communication with me in between sessions, that is very welcome. Please know that for emails and phone calls that go beyond 15 minutes, I will charge a prorated fee based on the amount of time spent on the call or email. I will do my best to respond within 72 hours to your email/call.

**Emergencies should not be communicated in this way. If you are experiencing an emergency you should first call 911 or visit your nearest emergency room or mental health crisis walk-in center. I do not provide emergency services, and I am not available 24/7.**

### **Investment**

#### **Individual sessions**

50- minute session \$150

*(Session length may range from 50-55 minutes depending on individual client needs that day)*

90- Minute session \$270

#### **Family Therapy**

50- minute session- \$150

75 minutes- \$225

*Please note that rates are subject to change over time, and I will notify you at least 3 weeks in advance before implementing the new change.*



### **Direct Payment**

Payment will be collected at the end of each session (unless you are using a package)  
I accept cash, check, or credit card\*

\*I use a HIPAA compliant secure service called IVY Pay- before our first session you will receive a text message with a link to enter your information. You will not have to enter this information again unless your credit card information has changed or your card has been declined. I will charge your card at the end of each session.

### **Insurance**

I accept the following insurances:

- Cigna
- Medicaid- CO Access only.

It is your responsibility to be aware of your copays, and I will confirm before our first session. I will bill the insurance companies directly, and you will be responsible for a direct payment of your co-pay (if applicable) at time of session.

If you have another insurance provider, you will have to communicate with them about reimbursement. I am happy to provide a super bill at your request.

### **Social Media**

**I do not accept friend or contact requests** from current or former clients on social networking sites such as Facebook or LinkedIn.

I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and my respective privacy. It is important to me to maintain clear professional boundaries which, ultimately, support the important work we are doing in session.

You are welcome and encouraged to follow my business page , Stefanie Raccuglia PC on any social media site (Facebook or Instagram)!

If you choose to put complaints/ reviews/ testimonials on social media/google/ LinkedIn, you are welcome to do so, but please know that I cannot and will not respond in protection of your confidentiality.



## ***Questions to Ask When Choosing a New Therapist***

Finding the right therapist for you is the most important first step in your healing journey. And I know this step can feel daunting, intimidating, and even overwhelming. So first, I'd like to congratulate you on taking that first step- even if for now, it's just about reading this post!

Many therapists, including myself, offer a free initial consultation to help determine if we're a "good fit" for working together. And for me, as a therapist, that means getting an initial sense that I can confidently, adequately and ethically support your needs.

For you as a client, a good fit might be determined based on your values, interests, and needs. OR it might just be a feeling and intuitive sense that "it just feels right". You can trust yourself!! (If this sounds scary or generates doubt- I'd love to work with you!)

If you're worried about "not knowing" or wondering what to ask or think about, below are some questions to ask yourself and the therapist you are interested in working with. I hope you find this helpful and feel more comfortable and confident in choosing a therapist.

(I'm not suggesting you ask ALL of the questions, just the ones that feel important to you!)

### **Ask Yourself:**

What I am hoping to get out of therapy?

What are some goals I have for myself?

What are the top 3 skills/traits I'd like (or think I'd like) in a therapist?

If I've worked with other therapists, what qualities or skills did they have that worked for me or didn't work for me?

Do I need a therapist who is comfortable really challenging me, or do I want a softer challenger?

Am I ready for change?

### **Get the Practicals:**

Cost of session

Cancellation policy

Length of session

Frequency of sessions

General availability/ open appointment times

Do you offer 24/7 crisis support

\*Most therapists will have this information available on their website, so please be sure to find out what information you can beforehand to maximize the time you have for your initial consultation!

### **Some Basics:**

Education, Credentials, how long have you been practicing?  
What type of therapist are you?  
What modalities/styles of therapy do you use?  
How long do your clients usually work with you before graduating?  
What kind of experience do you have with my needs?  
What types of clients/issues do you typically work with?  
Do you seek supervision or peer consultation? How often?  
How will we assess my progress?  
What does success/progress mean to you?  
What can I expect working with you?  
How should I prepare for the first session?

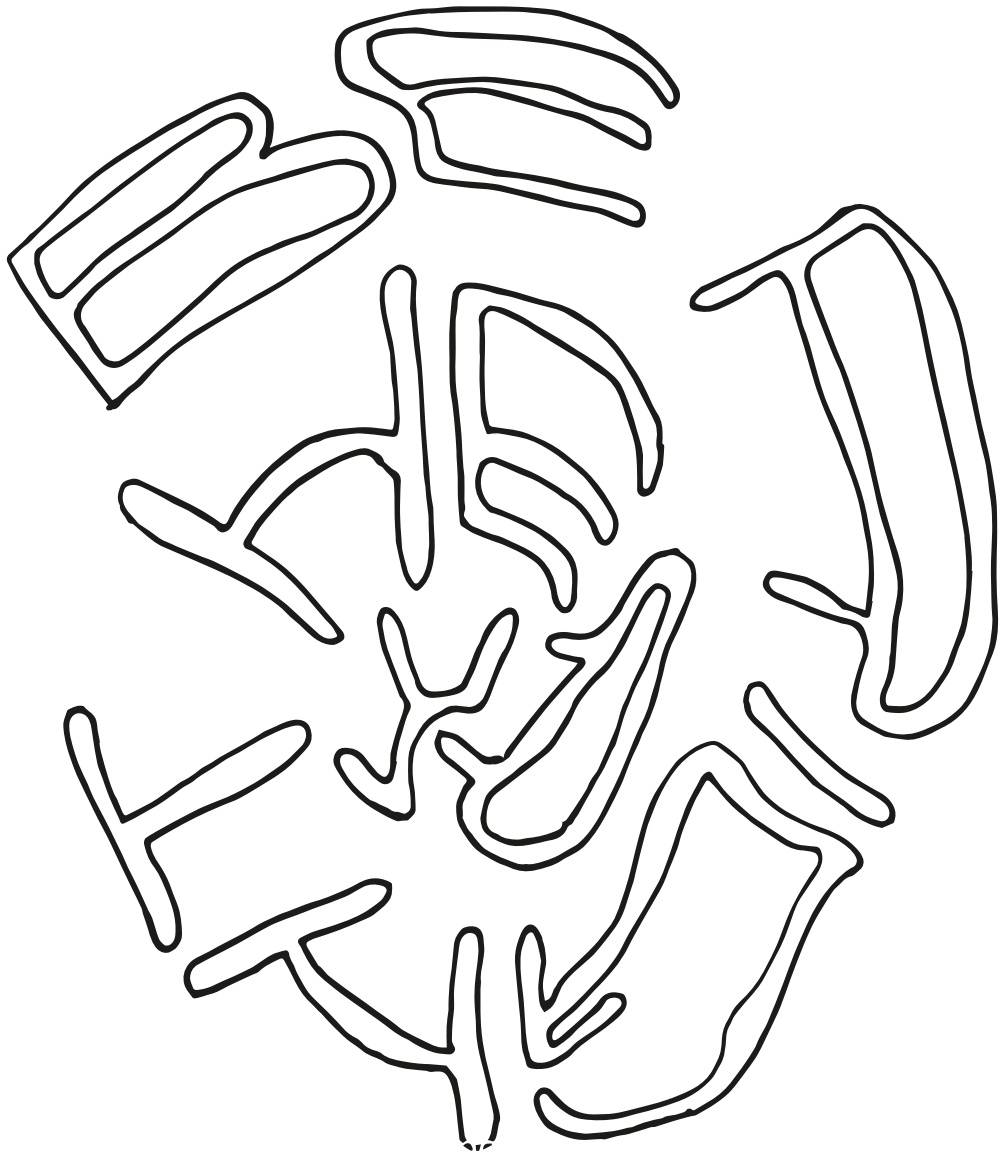
### **A little deeper:**

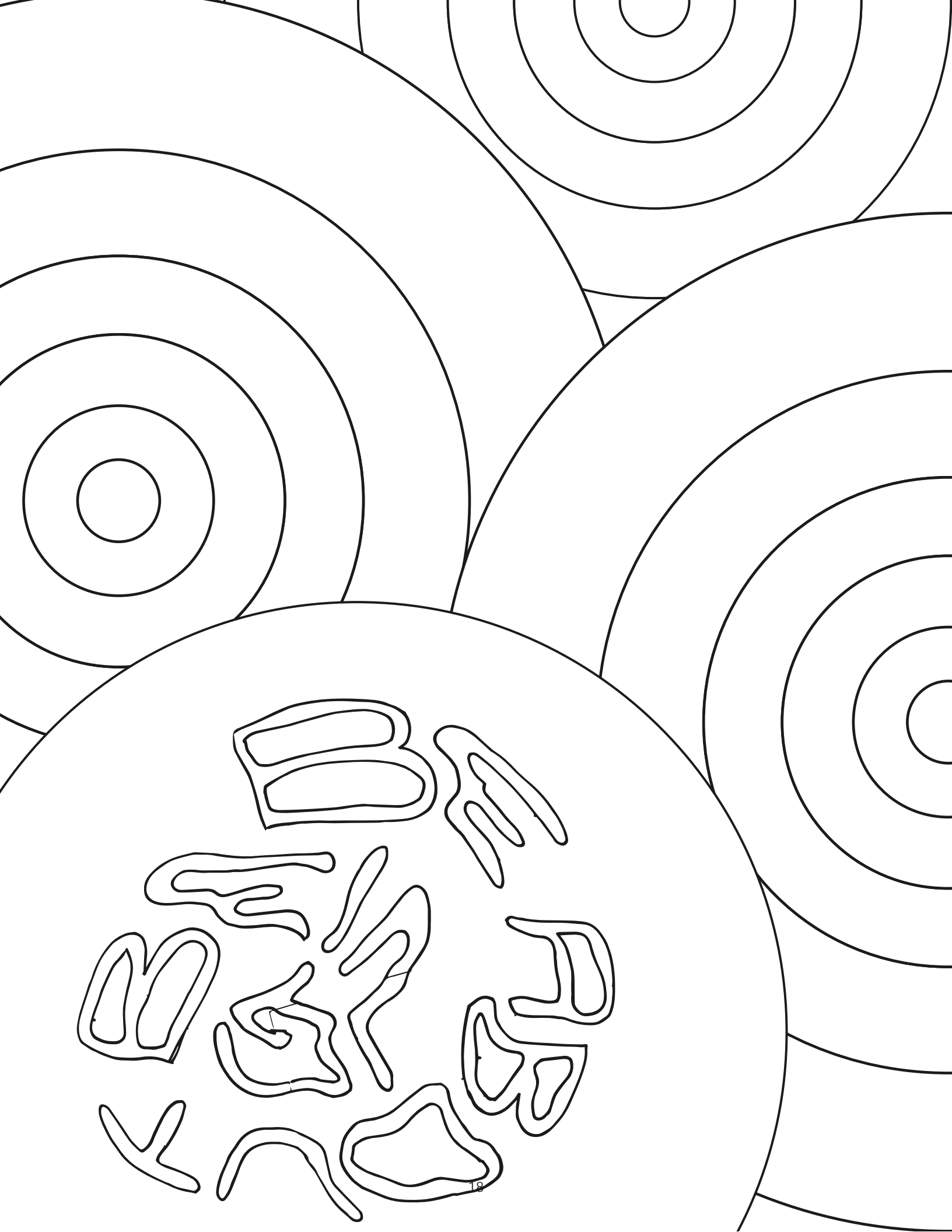
What's your philosophy about therapy and healing?  
What's your style- are you more directive or more guiding?  
What's your approach to working with...  
Are you influenced by any other practices?  
Does spirituality play any role in your work?  
What can I expect working with you?  
Why are you passionate about the work you do?  
What led you to become a therapist?  
What other experiences/skills do you have that you influence your work?

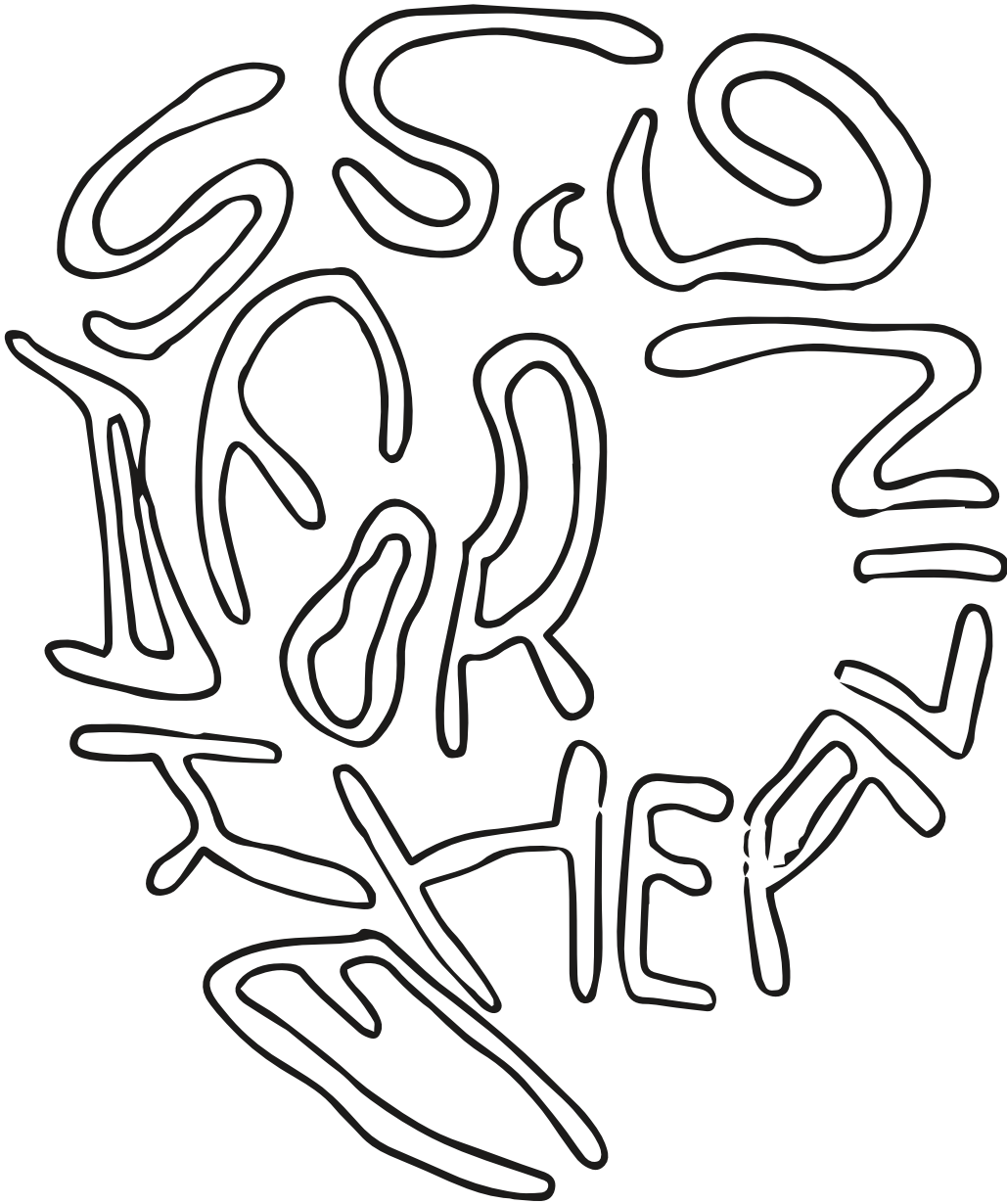
If reading these questions makes you feel like you're preparing for an interview- you kinda are. Except, **YOU** get to ask the questions that matter most to you! And if you're not totally sure what matters yet, that's ok too!

If you don't get "the feeling" when talking to a potential therapist, then do a couple of "interviews" and TRUST YOUR INSTINCTS!

As you color, give yourself permission breathe, be present, and create calm.







My own healing journey from being quiet, shy and ashamed to exist to becoming a leader, risk-taker, and at times the loudest one in the room, gives me the insiders scoop that this journey is not easy-- in fact, it can feel unraveling and painful. Pain that you can and will, survive. It's hard, but it's really F\*cking doable.

I am honored to support my clients as they rearrange to grow to become the powerful and emotional beings they were always meant to be.

And it would be my greatest privilege to witness and celebrate you as you embark on your healing journey.

with light, love, and gratitude,

*Stefanie xx*

