

## **Individual & Couples Therapy**

At Tamia Barnes Tomasek Counseling, LLC, we provide compassionate, evidence-based therapy for individuals and couples seeking support with life challenges, relationship concerns, and personal growth. Our practice focuses on creating a supportive and collaborative environment where clients can work toward improved emotional well-being, healthier relationships, and meaningful change.

All sessions are conducted by licensed clinicians who specialize in working with adults and couples using evidence-based therapeutic approaches.

## **Individual Therapy**

Individual therapy offers a confidential space to explore personal challenges, strengthen coping skills, and work toward greater emotional balance and clarity.

## **Session Fees**

- **45-Minute Session: \$200**
- **60-Minute Session: \$235**

Clients interested in a reduced fee/sliding scale option may request consideration by completing a Reduced Fee Schedule Request Form. Sliding scale availability is limited and based on financial need.

## **Couples Therapy**

Couples therapy is designed to help partners improve communication, navigate conflict, rebuild trust, and strengthen their emotional connection.

Our clinicians utilize evidence-based approaches, including Integrative Behavioral Couple Therapy (IBCT), to help couples better understand relationship patterns and develop healthier ways of connecting.

## **Session Fee**

- **45–50 Minute Session: \$235**

Couples who would like to be considered for a sliding scale fee will be asked to complete a Reduced Fee Schedule Request Form. Sliding scale options are limited and based on financial need.

**Email me today to get started at [info@tamiabarnes.com](mailto:info@tamiabarnes.com)**