



MOLD ENVIRONMENTAL – SERVICE OUTLINE

A minimum of 3 months of weekly sessions including research and materials. *Optional* ongoing support tapering off from bi-weekly sessions in month 4 to periodic sessions after the first year, if required.

Weeks 1 - 4: Stress Management, Protocol Understanding & Implementation

Weekly Sessions. Learn the basics of stress management, understand and implement your protocols, address general concerns. All research and materials included.

Session 1 - Intake Session

- Interview & completion of intake form
- Assess Needs & Services provided
- Review topics for upcoming sessions

Session 2 - Stress Discussion, Tools & Resources

- Stress Effects
- Breathing & Meditation practices for immediate relaxation (Body)
- Use of the subconscious mind to conquer stressful belief patterns (Mind)
- Phone Apps (breathing, meditation)
- Courses:
 1. Breath Essentials
 2. Effective Stress Management
 3. The Subconscious Mind Essentials
- Counseling

Session 3 - Protocols Review

- Detailed review of prescribed protocols
- Questions & Concerns

Session 4 - Protocol Implementation

- Detailed review of finalized protocols (between Mold Environmental & Physician)
- Protocol Schedule
- Follow up Schedule

Weeks 5 - 12: Ongoing Support

Weekly Sessions. Reinforce Protocols & Address Concerns. Research and Materials Included.

- Reinforce Protocols
- Address Diet, Sleep, Hygiene as needed
- Concierge Services
- Referrals
- Courses:
 1. Brain Retraining
- Progress Assessments

Optional Month 4: Ongoing Support

Bi-Monthly Sessions. Topics as needed. Research and Materials ADDITIONAL COST.

Optional Optional Months 5 - 6: Ongoing Support

One Session Every Three Weeks. Topics as needed. Research and Materials ADDITIONAL COST.

Optional Months 7 - 12: Ongoing Support

Monthly Sessions. Topics as needed. Research and Materials ADDITIONAL COST.

Optional Year 2: Ongoing Support

Periodic Sessions. Topics as needed. Research and Materials ADDITIONAL COST.