



Weeping Pines Integrated Wellness

Online Counseling
Amarillo, TX
WeepingPines.com
+1 806.718.8788

New Client Briefing:

What to Expect in Therapy

The Mission You have spent your career answering the call for others; now it's time to secure your own baseline. Reaching out for support is often the hardest step, but you don't have to carry the weight of the shift alone. At Weeping Pines, you won't find clinical fluff or endless venting. We provide a straightforward, collaborative environment designed to give you the tactical tools necessary to process operational stress, stay sharp on duty, and remain fully present with your family.

The Logistics: Your Turf, Your Terms

- **100% Online:** Sessions are 50-60 minutes and held via a secure, HIPAA-compliant video link. Whether you are in your truck, at the station, or in your living room, we meet you where you are.
- **At Your Pace:** You are the expert on your own life. We don't force you to reopen old wounds before you are ready. The goal is to build your resilience, not overwhelm your system.

Our Methodology: The "Bottom-Up" Approach

Traditional "talk therapy" often falls short for the warrior culture. We focus on "bottom-up" biological regulation. What does that mean for you?

- **The Nervous System First:** Before we dive into the narrative of what happened, we address how your body and nervous system are physically reacting to stress.
- **Polyvagal Theory/Therapy:** like implementing vagal maneuvers with patients, this approach focuses on regulating the autonomic nervous system to shift from "fight-or-flight" to a state of safety and social connection - The "ventral vagal state".
- **Tactical Grounding:** We equip you with immediate, biological tools to lower your heart rate, manage the "short fuse," and ground yourself in the present moment.
- **Processing the Load:** Once your baseline is secured, we work together to process the cumulative trauma and moral injury of the job so it stops running in the background.
- **Get our in front:** We'll implement strategies to tackle more than what's coming at you each shift and cut off the impulses before they have a chance to develop into moral injury while addressing whatever injuries have already taken hold.



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The Serotiny Program

Sliding Scale & Community Support

At Weeping Pines, we believe high-quality, specialized mental health care should be accessible to everyone, especially the frontline workers who keep our communities safe.

While we are actively in the process of establishing in-network partnerships with major insurance providers, we refuse to let administrative timelines delay your care. To bridge this gap—and to offer a flexible option for those who prefer to keep their therapy completely private and separate from insurance—we have created the Serotiny Program.

A Model of Communal Support

At Weeping Pines, we are a mission-first practice; 50% of our annual profits are directly donated to First Responder support systems and mental health programs across the state and nation. By participating in the Serotiny Program, you are directly contributing to the resilience and betterment of first responders on a much broader scale. When you invest in your own mental wellbeing, you are doing more than just funding your own healing, you are actively supporting lower-income individuals and early-career first responders to better themselves towards being able to do the same for others one day. Thus building a better, and stronger community at large.

The Serotiny Program is a tiered, sliding-scale model built on the idea of mutual community care. By capping the number of available slots in our highest-discount tiers, we ensure our practice remains sustainable while never turning away those in the heat of a crisis.

Please review the tiers below prior to your consultation or intake session & let us know if you have any questions. We'd be happy to clarify.

Program Tier	Household Income	Standard Rate	First Responder Rate
Tier 1: Crisis / Student (10%)	\$0 - \$35,000	\$30	\$30
Tier 2: Support (15%)	\$35,001 - \$55,000	\$45	\$30 (Tier Drop)
Tier 3: Median (25%)	\$55,001 - \$85,000	\$75	\$45 (Tier Drop)
Tier 4: Professional (25%)	\$85,001 - \$115,000	\$110	\$65 (Hard Cap)
Tier 5: Legacy (25%)	\$115,000 - Above	\$150	\$65 (Hard Cap)