

Getting Started with Bulletproof Integrity, Part 1

John R. Williams, LMHC

Before our first session

Questionnaire

1. On the Forms & Questionnaires page, at <https://www.bulletproofintegrity.com/bulletproof-recovery-forms-questionnaires.html>
 - a. Click on the Introductory Questionnaire and the Coaching or Counseling Consent Form.
 - i. Fill them out, scan them and email them back to me before our first session. Please do not send photos of them.
 - b. Click on “Before Our First Session” to get a PDF of these instructions to print out, if you like.
 - c. If we are meeting in person in Montclair or New York, you can also download the location and instructions from this page. (You can also just bring the Consent Form with you.)

Meeting

2. If we haven't already decided on an appointment time, we'll arrange one after you send me the questionnaire.
3. We will spend our first session or two on my getting to know you and your issues better. And of course, I understand we will be deciding if we are a good fit for each other. It might be best if our first session is 75-90 minutes long.
4. If we are meeting by video conference call, here are the instructions:
 - a. Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/6821903843>
 - b. Or iPhone one-tap:
6699006833,,6821903843# or 6468769923,,6821903843#
 - c. Or Telephone:
Dial: 669 900 6833 or 646 876 9923.
Meeting ID: 682 190 3843
 - d. By the way, this room ID is always the same: 682 190 3843

Payment

5. My fees are \$100 per hour for video sessions, and \$125-175 per hour for in-person meetings.
 - a. There are several other options at different fee levels.

- i. Learn about the Iron, Steel and Titanium levels of support on <https://www.bulletproofintegrity.com/investing-in-your-freedom-from-porn.html>
- 6. I do not take insurance.
 - a. If you are a New York resident, I can send you an invoice for you to submit your insurance as an out-of-network practitioner, however.
 - b. You are welcome to read more about this and other matters on my site: <https://www.bulletproofintegrity.com/fags-for-sex-addiction-recovery-help.html>. Let me know w if you have any questions or concerns.
- 7. I will send you a payment request through PayPal, after our session. You can pay by credit card or through your PayPal account if you have one.
 - a. Please understand that I am not big on clerical things, so I may not always bill you promptly. I apologize in advance. ☹️