

No Wimpy Parenting: Let the Parenting Revolution Begin

Are you ready to take your power back?

Are you sick of your kids running the house and getting no respect?

Parent coaching consultations are your quickest path to success. Although the articles and videos on this website are great resources, an individualized parent consultation will provide you with specific suggestions and strategies to help YOUR family. Dr. Wynns will hear YOUR story, your struggles, and your frustrations. She will then develop a customized plan to help you gain back power and control again. You will lead a Parenting Revolution in your own home! We have a variety of consultations available to meet your time and budgetary needs:

- 1) **Home intervention:** This is the most comprehensive option available. Dr. Wynns comes to your home*, observes you and your children for a number of hours, provides “real time” coaching and interventions, and then returns in a few weeks for “tune ups.”
 - a. **Half day option:** 3 hours of observation, 1 hour coaching/feedback, plus one hour of “fine tuning” 3 weeks after the coaching/intervention.
Fee: \$825
 - b. **Full day option:** 6 hours of observation, 2 hours of coaching/feedback, plus one hour of “fine tuning” 3 weeks after the coaching/intervention.
Fee: \$1375
- 2) **Face to face consultation:** If you live in the Raleigh/Durham/Chapel Hill area, you can schedule a face to face parent consultation with Dr. Wynns at her office. See WynnsFamilyPsychology.com for directions and more information. One to two hour consultations are available.
 - a. ****One hour consultation:** \$185
 - b. ****Two hour consultation:** \$350
- 3) **Phone or Skype consultation:** If you are unable to come for a face to face consultation, you can schedule a phone or Skype consultation at a convenient time to best fit your schedule. (Hourly Fee: \$155)
- 4) **Email/Skype chat consultation:** You email Dr. Wynns your specific challenges or questions, and receive up to 60 minutes of email exchanges.
Fee: \$155
- 5) **Workshops and seminars for groups are also available.** Email for details.

Email to schedule a consultation or to get more information:

info@nowimpyparenting.com. Or call (919) 805-0182

*Travel fees additional

**Note: Consultations are considered to be coaching and parent education. However, in-person consultations with Dr. Wynns may transition into therapy sessions if mutually agreed upon. If coded as therapy session, clients may be able to get some reimbursement from their insurance company. Some FSAs or HSAs may also cover some portion of these services.