



LOTUS POINT
Wellness

Marie Caterini Choppin, LCSW-C & Associates
LOTUS POINT WELLNESS, INC.

Prepare and Enrich Information

Prepare and Enrich (www.prepare-enrich.com) is a customized couples assessment that is completed online and identifies a couple's strength and growth areas. It can be used with committed, premarital, or married couples and is one of the most widely used platforms for relationship assessment and growth.

Here is how the program works:

1. The couple calls certified facilitator (Brittany Beck, MA) to schedule an initial session, and ask any questions regarding the Prepare and Enrich process. The assessment can be done after the first session in the comfort of your own home.
2. Facilitator (Brittany Beck, MA) sets up the online program and each partner receives an email with instructions on how to complete the assessment.
3. The couple completes the assessment online.
4. The couple attends 3 in-person session with facilitator (Brittany Beck, MA) to review results and participate in additional psychoeducational activities relating to the identified growth areas.
5. Once your pre-paid sessions have ended, the couple may choose to purchase additional sessions.

As a reminder, this is not couples therapy, however if along the way you feel you could benefit from counseling your facilitator (Brittany Beck, MA) is happy to refer you to a qualified couples therapist.

For more information regarding Prepare and Enrich please visit: www.prepare-enrich.com

Prepare and Enrich Consent Form

13200 New Hampshire Avenue
Silver Spring, MD 20904

Lotus Wellness Point Inc.
mchoppin@lotuspointwellness.com
301-960-1198

4405 East-West Highway, Suite 508
Bethesda, MD 20814



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I understand that I am consenting to participate in the Prepare and Enrich program (www.prepare-enrich.com). The Prepare and Enrich program is a relationship inventory and skill-building program for dating, engaged, or married couples and consists of an online assessment, review of the assessment results with a facilitator, and follow up activities that include psychoeducation, communication skills, and conflict resolution.

I understand that the Prepare and Enrich program will highlight the strengths and growth areas of my relationships and is not for couples in crisis or in need of immediate intervention. I understand that I will **NOT** be engaging in couples counseling and if I feel the need for further intervention I will request a referral from my facilitator (Brittany Beck, MA).

I understand that my certified facilitator, Brittany Beck, is a Master’s level, non-licensed, mental health professional.

I understand that payment for services is due up front and that I am paying for the online assessment, two workbooks, and a chosen package of sessions indicated on the following page with detailed payment information. Additional sessions can be made available for an additional cost. I understand that Prepare and Enrich is not reimbursable by insurance.

I understand that if I cancel less than 48 hours in advance I will be charged my regular session fee. To notify my facilitator of a cancellation I will call 301-960-1198 ext. 707 or email brittany@lotuspointwellness.com. If cancelling a Monday appointment I will notify my facilitator by 5 p.m. Friday.

I understand all information discussed during sessions is held strictly confidential. By law, information about clients may only be released upon written consent of all parties treated, **with the following exceptions:**

- You have signed a Release of Information Consent Form for specific individuals or agencies;
- There is a court order, signed by a duly appointed or elected judge, for release of your records;
- You are perceived to be a danger to yourself or others;
- When your facilitator has reasonable cause to believe that a child or vulnerable adult is being neglected or physically or sexually abused.

Partner Signature

Date

Partner Signature

Date



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