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The following is some information about my integrative, mental health practice. The focus is on pregnant and postpartum people and their partners.

What am I offering? My work is to facilitate another person to access their own capacity and creativity to meet with whatever is arising in their life. I offer mindfulness-infused psychotherapy, including Internal Family Systems (IFS).

I also offer medication as a tool to support mental health & well-being. Not all clients need or want medication, but some do. If you want medication, then we will use a collaborative approach to weigh the risks and benefits.

Where are appointments? I am seeing all clients via telehealth. After the pandemic is over, clients will have the option to continue virtually or to come see me at the office at 7 Court Street in Arlington Center.

To schedule an initial visit, go to the website listed above or provider.kareo.com/danielle-schuman-olivier. Here, you can enter your information and request a visit.

When you contact me, please let me know a good time to reach you by phone. I will call you to find out more about what you are looking for and to discuss my practice. Once we both determine that it is a good fit, we can schedule an initial visit. As I am in solo practice, if you are likely to require a higher level of care, I will refer you to a provider more suited to your needs.

What is the cost? I am in the process of becoming credentialed with some insurance companies. This process can take 6-9 months. Until that time, I will be self-pay. The fee schedule is:

Initial Visit (50 min): \$250, Follow-up therapy with or without medication management (50 min): \$200, Follow-up visit with a focus on medication management (25-30 min): \$150

Thank you for your interest!

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