

Restoring Destiny Mental Health Services

Services & Pricing Overview

Section 1 — Clinical Services

Individual Therapy (55 min) — \$175

A healing-centered session supporting emotional balance and personal growth.

Initial Diagnostic Intake — \$225

A comprehensive clinical assessment used to develop your individualized treatment plan.

Family Therapy — \$225

A supportive session designed to strengthen communication and improve family relationships.

Group Therapy (per participant) — \$65–\$85

Therapist-led sessions that provide community support and shared healing.

Section 2 — Supervision & Professional Development

LMSW Supervision (Individual) — \$150/hr

Trauma-informed supervision supporting clinical development and licensure readiness.

LMSW Supervision (Group) — \$75/hr per person

A collaborative space for strengthening skills and professional confidence.

Organizational Supervision Contracts — \$225/hr

Clinical oversight for agencies committed to culturally competent, trauma-informed care.

Field Instruction (MSW Students)

Structured mentorship and training for MSW interns learning community-rooted practice.

Section 3 — Workshops, Speaking Engagements & Panels

Standard Workshop (60–90 minutes) — \$850–\$1,500

Interactive workshops centered on emotional wellness, trauma-informed practice, and women's healing.

Half-Day Training (3 hours) — \$3,500

In-depth training for organizations seeking to strengthen trauma-informed culture.

Full-Day Training (6 hours) — \$6,000

Comprehensive training designed to elevate staff capacity and organizational wellness.

Customized Multi-Session Training Series — Starts at \$8,500

A multi-week learning experience built around organizational goals and client needs.

Keynote Address — \$1,500–\$3,000

Powerful, healing-centered messages rooted in leadership, Black womanhood, and emotional resilience.

Conference / Event Feature Speaker — \$1,200–\$2,500

Expert presentations on mental health equity, trauma, motherhood, and community wellness.

Virtual Speaking Engagements — \$850–\$1,500

Dynamic presentations for schools, churches, and community partners.

Panel Participation — \$650–\$1,200

Insightful contributions on topics related to trauma, mental health, and healing.

Fireside Chats / Moderated Conversations — \$850–\$1,500

Intimate discussions exploring wellness, leadership, and lived experience.

Guest Speaker for Schools / Youth Events — \$600–\$1,200

Engaging talks promoting emotional literacy, resilience, and pathways to mental wellness careers.