



CONSULTATION SERVICES

FAQ

Overview

Jamie Shafir, LCSW, and Jessica Holzer, LMFT, RPT-S, are licensed therapists who provide **professional coaching consultations**, not clinical supervision. In this capacity, they act solely in a consultation role and do not provide the oversight, evaluation, or documentation required for supervision. While they may offer supervision in other professional settings, engagement in these services is limited to consultation for the purpose of professional growth and skill development.

Distinction Between Supervision and Coaching

Clinical supervision is a formal, evaluative process required for licensure. It involves oversight by a qualified supervisor who assumes legal and ethical responsibility for the supervisee's clinical work. Supervision includes evaluation of clinical competence, documentation of supervised hours, and accountability to licensing boards.

Consultation, by contrast, is a voluntary, collaborative process that is not evaluative and does not meet licensure requirements. In consultation, a licensed professional offers guidance, perspective, and expertise to support another clinician's professional growth and skill development. The consultant holds no legal or ethical responsibility for the consultee's clients, and no supervision hours are documented.

In summary, supervision is regulated, evaluative, and required for licensure, whereas consultation is supportive, developmental, and outside the scope of regulatory oversight.



How to Request a Consultation

1. Choose your consultant: Jamie Shafir or Jessica Holzer
2. Purchase a consultation or consultations package (see our options on our Shop!)
3. Receive Calendly link and book consultation.

Common Questions About Our Services

- How long is each consultation?
 - Consultations are 50 minutes.
- What if I need more than one session?
 - You are welcome to purchase additional sessions; all follow the same scheduling process.
- How do payments work?
 - You can purchase a consultation or consultation package via our Nurturing Playful Minds shop.
- Can I reschedule?
 - Yes, with at least 72 hours' notice, pending availability.
- Is there a cancellation fee?
 - Sessions canceled within 48 hours are nonrefundable, as we reserved the day and time specifically for you.
- I want to have a consultation with both of you?
 - We offer individual consultations. We are welcome to purchase two consultations, one with Jamie and one with Jessica.
- Should I choose the one session or the three sessions?
 - If you are undecided we recommend starting with one session. If after, you would like further consultation, we welcome you to purchase additional single or package consultations.
- How long are my packages good for?
 - Consultation packages are valid for 12 months from purchase
- More questions?
 - Contact us at info@nurturingplayfulminds.org