

DIRECTIONS ON BAINBRIDGE

Take 305 North to Madison, go left on Madison (you'll see the fire station) and very quickly you'll turn right on New Brooklyn. Take New Brooklyn all the way to the stop sign on Miller (Fletcher Bay Road becomes Miller Road right here). Turn right on Miller and go past two collision shops on the right. Turn left on Battle Point Drive. (If you go past Bainbridge Gardens on the left you have gone too far). Follow Battle Point Dr west which makes an S-curve up a slow grade. Don't worry if the house numbers look wrong. At the very top of the slight hill you will see a big cedar mailbox on the right marked 9050. Once in the driveway veer right, go past the horse barn, stay right all the way straight to the new construction in the right rear of the 4 acre property, and park where marked by logs.

DIRECTIONS FROM POULSBO

Take 305 South over the Agate Pass Bridge and proceed to the first light, which is at Day Road and Miller. Turn right on Miller and veer immediately left on it. Follow Miller Road a couple of miles, past Koura and Tolo. You'll see Bainbridge Gardens on the right, so turn right immediately thereafter on Battle Point Dr. Follow Battle Point Dr west which makes an S-curve up a slow grade. Don't worry if the house numbers look wrong. At the very top of the hill you will see a cedar mailbox on the right marked 9050. Once in the driveway veer right, go past the horse barn, stay right all the way straight to the new construction in the right rear of the 4 acre property, and park in the parking lot.

PLEASE NOTE:

Boundaries and Guidelines: Because the office is on my residential property, some boundaries need to be defined at the outset so no one finds it confusing. I apologize if these boundaries are so obvious as to be unnecessary for you; others may find them entirely necessary for clarification. The structure of the therapy and the therapeutic relationship serve the clients' interests. Boundaries keep clients safe, and the structure, though irritating for some, is also what helps people relax, knowing their therapist is attentive to the importance of boundaries.

1) Hours. Admission to the property is by appointment only, generally scheduled between 11 and 7pm Tuesday through Thursday or by special arrangement. Regrettably, violations will be taken very seriously and the course of therapy will be affected. If you are unsure of your appointment time, please check by going to my website www.bainbridgepsychology.com, click on the green button "Schedule Now." I use a confidential online scheduling service where you can make and change your own appointments and see when you are scheduled. If you leave a voicemail or email message for me, be aware that I'm unlikely to return routine scheduling messages over my long weekend.

2) Emergencies. In an emergency, you should call 911, go to the emergency room, or call the county

crisis team. You may also leave a message and/or email for me, but I may not respond right away as I only check messages for as infrequently as once a day. Coming to the office, even in an emergency, without an appointment, is not acceptable.

3) Residence. The residential area of the property is off limits even where ungated. Please do not come to the log house under any circumstances. On the waiting room side of the office, enjoying the edge of the forest is okay. Please do not deeply explore the forest for because of trip hazards and because it is other peoples' property. The back pasture is enticing and beautiful, but exploring it would interfere with other clients, as it is visible from the consultation room.

4) Neighbors. Please do not approach the neighbors' houses for directions or information, lest we endanger my good relations with neighbors if my home business interferes with their quiet enjoyment.

5) Horses. There have in the past been, and may, in future be, horses on the property. The horses have generally been friendly but can confuse fingers with carrots. If present, they are on a diet so they are hungry. Do not feed the horses as it can cause "food fights" between them, and aggression with you or the next person to visit them. You may visit them in their barn en route to or leaving your appointment, but you are doing so at your own risk. If you don't know how to touch a horse without getting bitten or knocked over, such as with a sudden head toss, you'd better stay clear for your own safety. Please do not go into the pasture, and do not open the pens, lest the horses escape and get hurt or hurt someone or something else.

6) Questions? If you have questions or concerns about these or other matters, please let me know and we can discuss it. Thank you for understanding the need to spell out these matters.

So Wonderful! Having said all that, the office location is beautiful and serene, and is the perfect location for healing in a deep and transformative way. The birds sing, the frogs croak in the spring, the trees are tall and surround the office, and you may occasionally see deer or raccoon, owl or coyote. I am so pleased to welcome you. Our mission remains to integrate leading edge psychology and findings from neurobiology and ancient understandings in the treatment of trauma, dissociation and early neglect. Welcome!

Warmly,

Sandra