



Exposure coaching, **between** the therapy sessions

Structured practice and accountability for anxiety and OCD · Ages 12+

Therapy is one hour a week. The other 167 are where change actually happens. New Day Exposure Coaching helps teens and adults follow through on their therapist's plan with planned exposures, weekly coaching sessions, and support in the moments that matter.

01 · TWO ROLES, ONE PLAN

Coaching supports treatment. It never replaces it.

YOUR THERAPIST

Leads treatment

- Diagnoses and treats
- Designs the overall treatment plan
- Works through patterns and history

THE COACH

Drives daily practice

- Plans specific, doable exposures with the client
- Keeps practice on track between sessions
- Collaborates with the therapist, with consent

02 · HOW IT WORKS

From first conversation to real momentum

1

Free consultation

A relaxed phone or video call. Fit is discussed honestly, including when coaching is not the right choice.

2

A plan that fits the treatment

Exposure targets are built around the therapist's plan and the client's real life.

3

Practice, every week

One or two 30-minute virtual sessions a week, plus weekday messaging when things get hard.

4

Progress you can see

More exposures done, less avoidance, more independence. The therapist stays in the loop.

1 or 2 sessions per week

Messaging Mon–Fri

Personalized exposure planning

Therapist collaboration

Virtual, limited local in-person

03 · THE PRESSING QUESTIONS

Straight answers, up front

Q Is this therapy?

No. Coaching does not diagnose or treat mental health conditions. It is structured practice and accountability alongside the treatment a licensed therapist provides.

Q Is a therapist required?

Yes. An active relationship with a therapist is a requirement. The therapist leads treatment; coaching supports it.

Q Who is it for?

Teens 12+ and adults working on **OCD, social anxiety, school avoidance, perfectionism, phobias, or anxiety-driven avoidance**. For minors, a parent or guardian is part of the consultation and consent process.

Q Why add coaching to therapy?

Knowing what to practice and actually doing it are different problems. Coaching turns the treatment plan into **completed exposures** during the week.

Q What does it cost?

One program, private pay, insurance not accepted. Current pricing is covered in the **free consultation**.

Q Is this crisis support?

No. Coaching is not a crisis service. In a crisis, call 911, call or text 988, or go to the nearest emergency room.



Therapy gives the plan. Practice makes it stick. Referrals and questions welcome. Start with a free consultation:
hannah@newday.coach · newday.coach