



Helping Texas businesses reduce burnout, improve retention, and build resilient teams — 100% virtually, delivered by a licensed clinical team.

ABOUT

Counseling That Works for Your Business

Solution Focused Consulting is a virtual group practice led by Dr. Danielle Lee, PhD, LPC-S — a doctoral-level Licensed Professional Counselor Supervisor who owns the practice and guides all clinical treatment. Our team of licensed mental health professionals delivers all services 100% virtually, giving Texas companies access to expert counseling support with zero geographic barriers, flexible scheduling, and no disruption to the workday.

SERVICES

What We Offer

- Individual employee counseling sessions via secure, HIPAA-compliant video
Manager & leadership resilience coaching (virtual)
Workplace stress & burnout intervention
Virtual team workshops & Lunch & Learn webinars
Crisis support & critical incident response (remote)
Virtual onboarding wellness orientation programs

82% of employees cite mental health support as key to accepting a job offer
28% fewer sick days at companies with active wellness programs
3x return on every \$1 invested in employee mental health
45% of burned-out workers are actively seeking another job

WHY DIRECT PARTNERSHIP

Faster Access: Employees matched with a licensed clinician and seen within days via secure video — no commute, no waiting rooms.
No Middleman: Work directly with our team of licensed mental health professionals — no call centers, no referrals, no runaround.
Fully Confidential: HIPAA-compliant video platform. Employees engage with complete privacy and peace of mind.
100% Virtual: No geographic limits. Serve your entire Texas workforce wherever they work — fully online.

ENGAGEMENT OPTIONS

PEPM Pricing Packages

STARTER \$28 / employee / month 10-25 employees · 6 sessions/mo + quarterly workshop
CORE \$24 / employee / month 26-75 employees · 12 sessions/mo + workshops + reporting
GROWTH \$20 / employee / month 76-150 employees · 25 sessions/mo + coaching + monthly workshops

APPROACH

Solution-Focused. Results-Driven.

Unlike traditional therapy that dwells on problems, Solution-Focused Brief Therapy (SFBT) is goal-oriented and forward-looking. Sessions are short-term — typically 3 to 6 sessions — meaning faster results and lower costs. Our PEPM model gives every employee equal access to care with predictable budgeting for you. Traditional EAP networks charge \$0.75-\$1.50 PEPM for call-center care. We deliver doctoral-level direct access at \$20-\$28 PEPM.