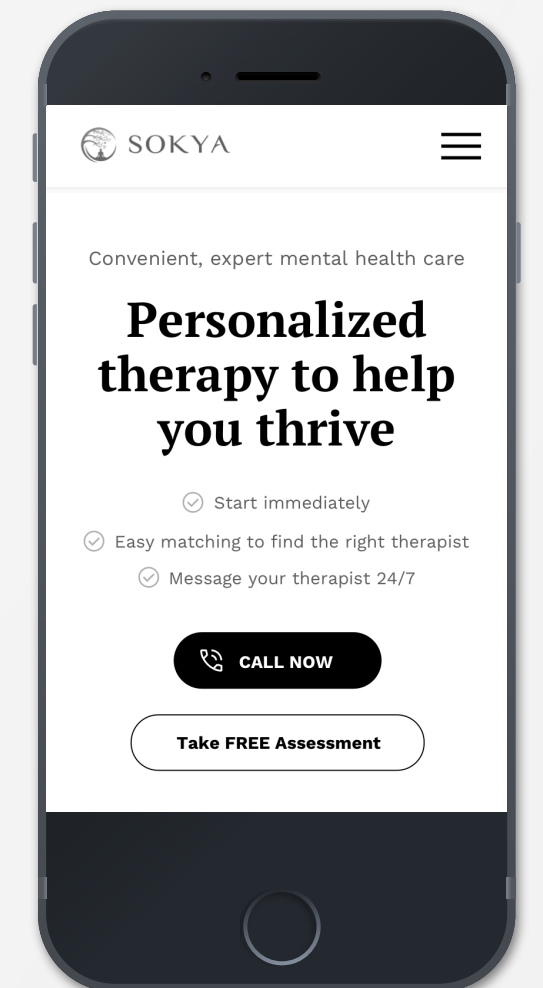
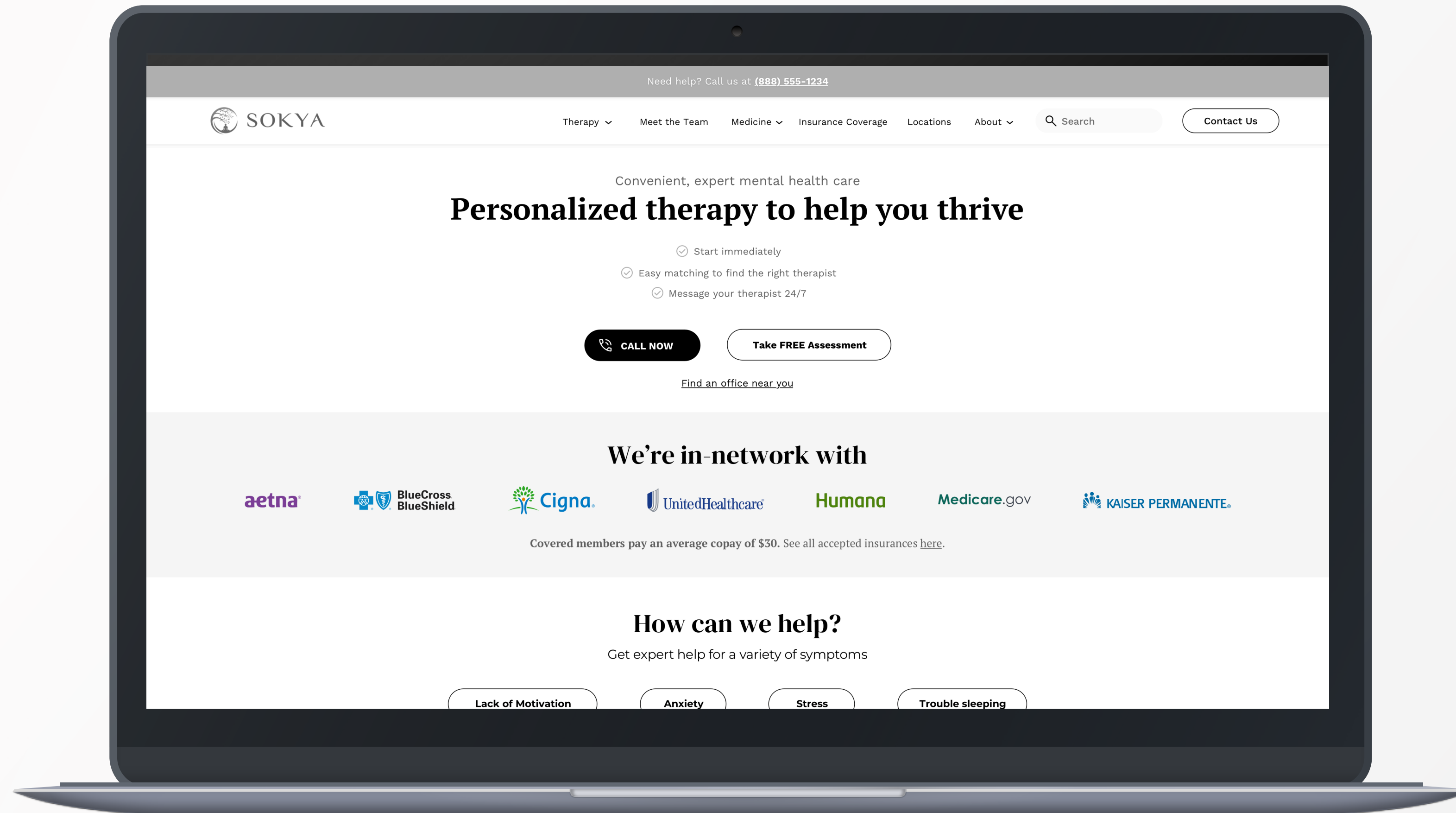


Wireframes and Functional Specification Document

- 01: Introduction
- 02: Sitemap
- 03: Navigation Menus
- 04: Homepage
- 05: Services Templates
- 06: Providers Templates
- 07: Careers
- 08: About
- 09: Insurance
- 10: Contact, For Businesses
- 11: Locations, State, City
- 12: Intake Assessment, Quiz
- 13: Blog Index, Blog Post



Wireframes Overview

Features and Functional Specs

The wireframes presented here offer a starting point to explore the feature sets of the website redesign. By avoiding visual design elements such as color and artwork, these wireframes provide an opportunity to hone in on the user interface and user experience.

Through this approach, we can concentrate on the overall goals and objectives of the website redesign without getting distracted by the aesthetics. This allows us to focus on the core functionalities that will make the website more engaging and user-friendly.

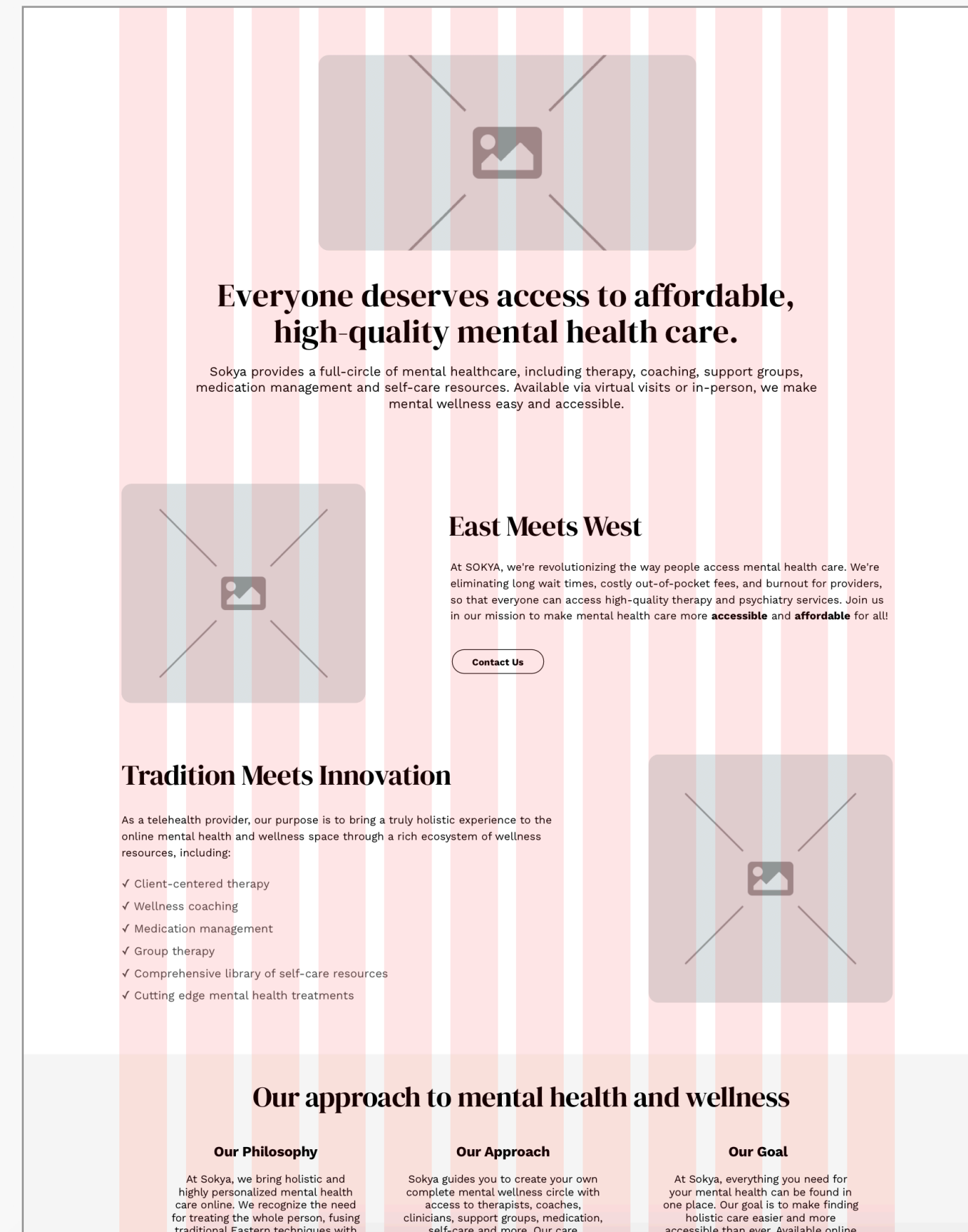
It also provides the perfect platform for meaningful conversations that will ultimately lead to improved user satisfaction and ultimately conversion into your network.

Throughout, we'll be calling out features and describing functions with annotations.

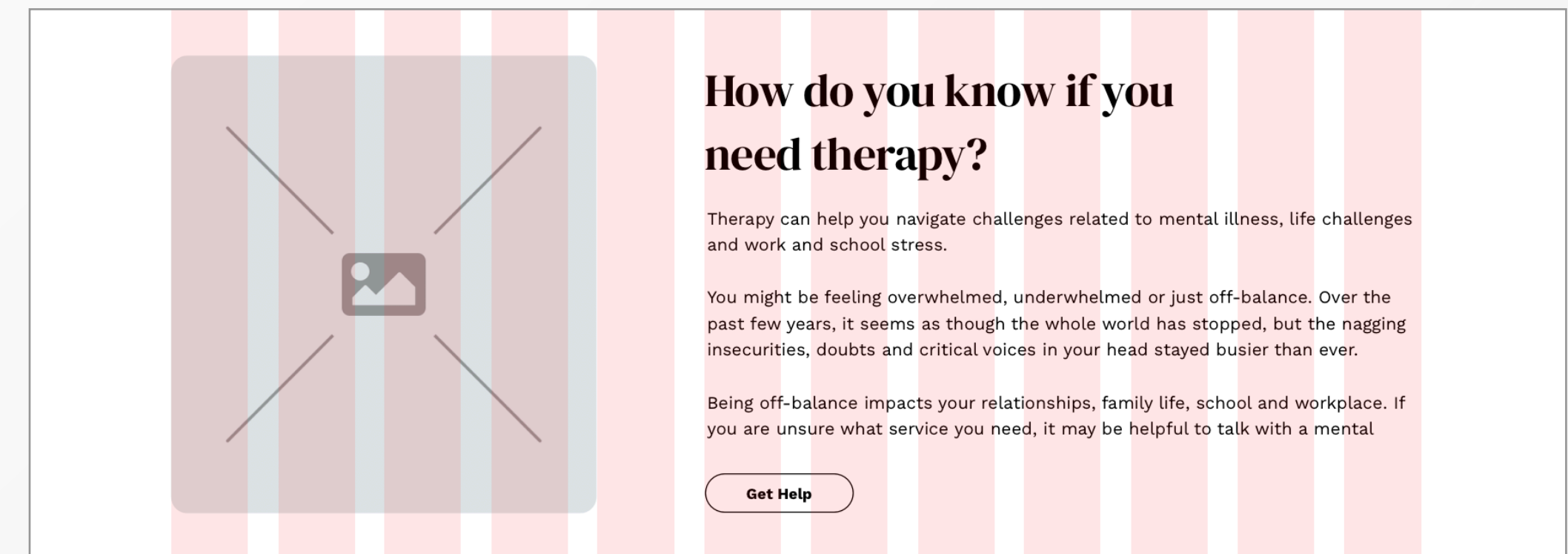
1 All layouts are designed on a fixed grid system to allow for easy responsive design to tablet and mobile sizes, once feature sets are agreed upon.

2 Many of the “blocks” you’ll see in these layouts can be repurposed in different situations. For example, this is a standard “Left/Right Text and Image Block” which scales down to mobile well and can house most any text content, image content, plus CTA (Call to Action).

1



2



Sitemap

Organization and UX pillars

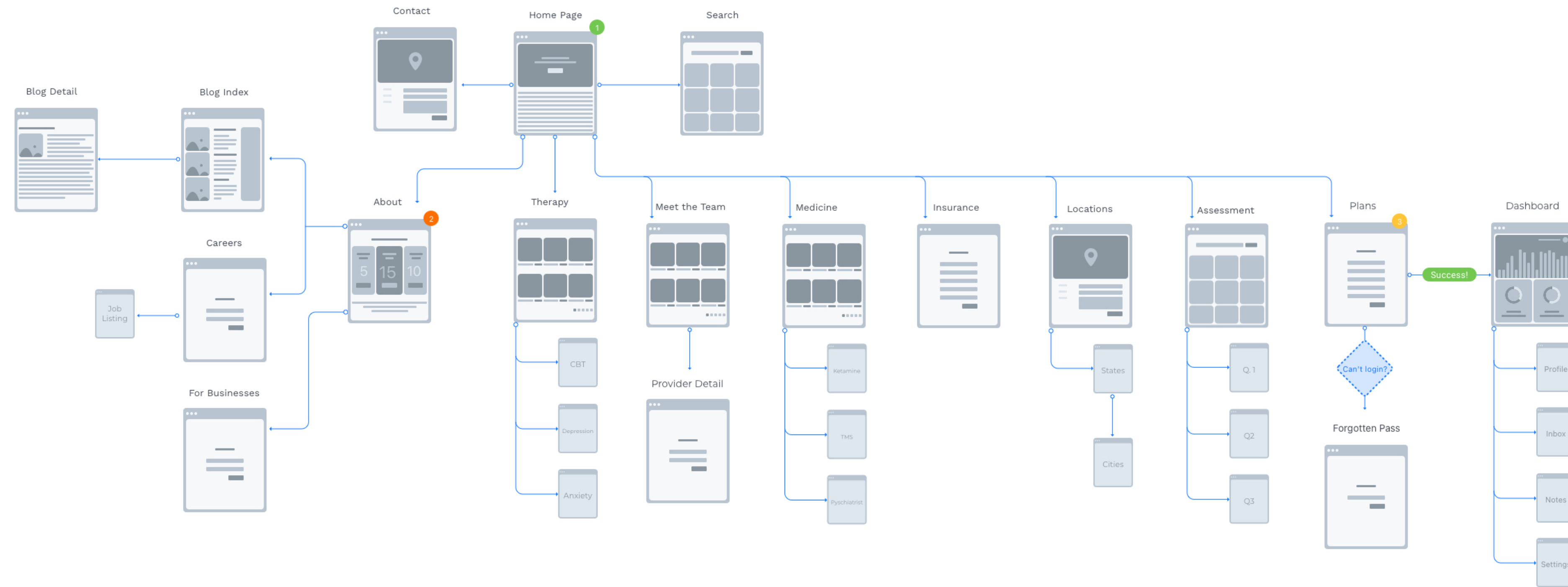
The sitemap is the foundation of your new site, and should address:

Organizational structure: The sitemap helps us plan and organize the structure of the new website. It acts as a blueprint or visual representation of all the pages and content on your site, including their hierarchy and relationships.

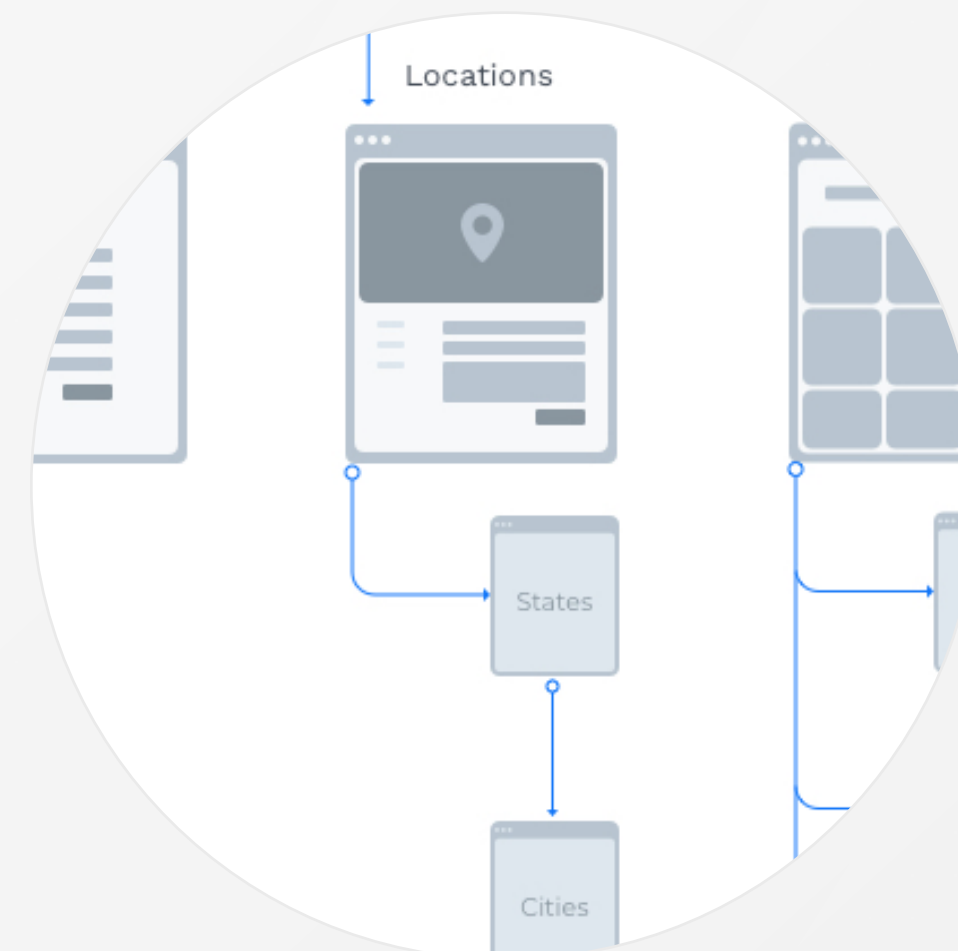
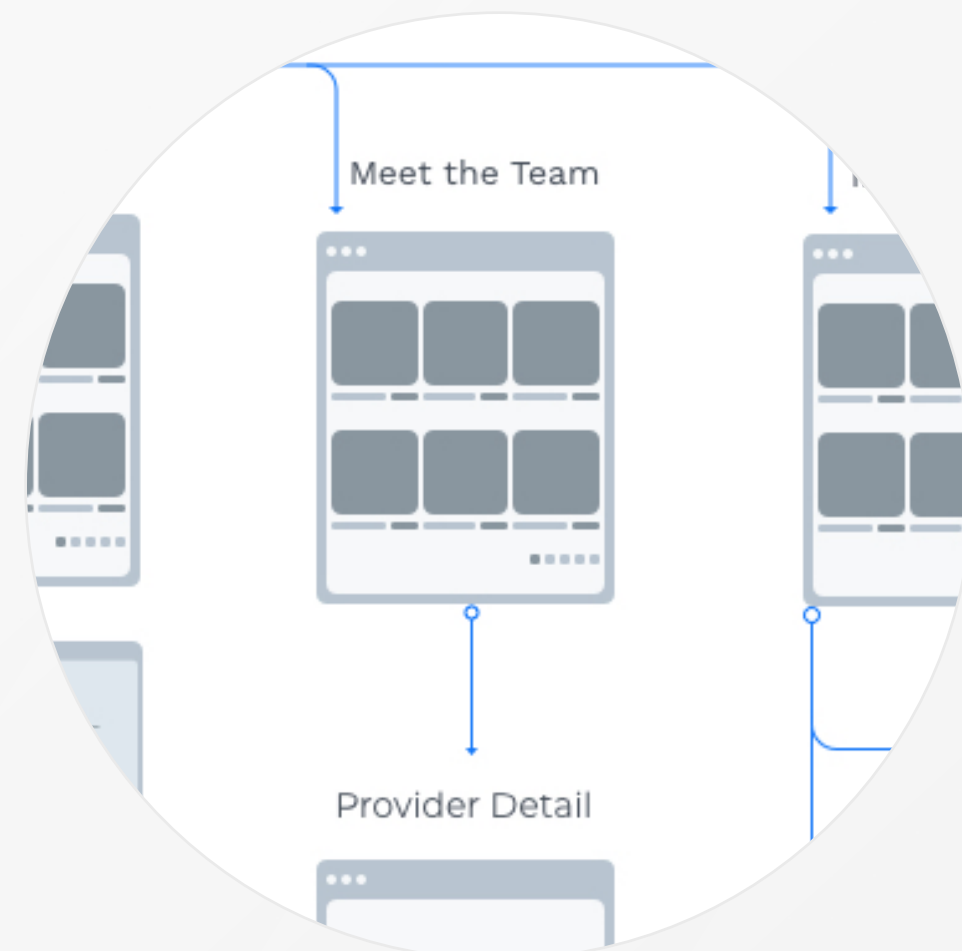
User experience (UX): By visualizing the entire site structure, you can optimize the user flow and ensure that visitors can easily find the information they need.

Content inventory: A sitemap allows you to take stock of all your pages and their respective content. It enables you to identify redundant, outdated, or irrelevant content that can be removed or consolidated. This helps streamline your website and improve its overall quality.

SEO considerations: Search engines use sitemaps to understand the structure and content of your website. By providing a sitemap, you make it easier for search engine crawlers to discover and index your pages. This can positively impact your website's search engine rankings and visibility, ultimately driving more organic traffic to your site.



- 1 Primary Navigation Menu: Therapy, Meet the Team, Medicine, Insurance Coverage, Locations, About
- 2 About featured in primary navigation, secondary navigation dropdown for Blog, Careers, For Businesses
- 3 Client dashboard not planned for this phase of design/dev



Navigation Menus

UX decision-making

Deciding what to surface to a visitor first via the navigation menu is an important decision. You are never locked into any particular menu structure, but the decisions made early on in this information architecture can impact SEO, conversion and ultimately conflicting taxonomies and technical debt down the line if not well-considered early.

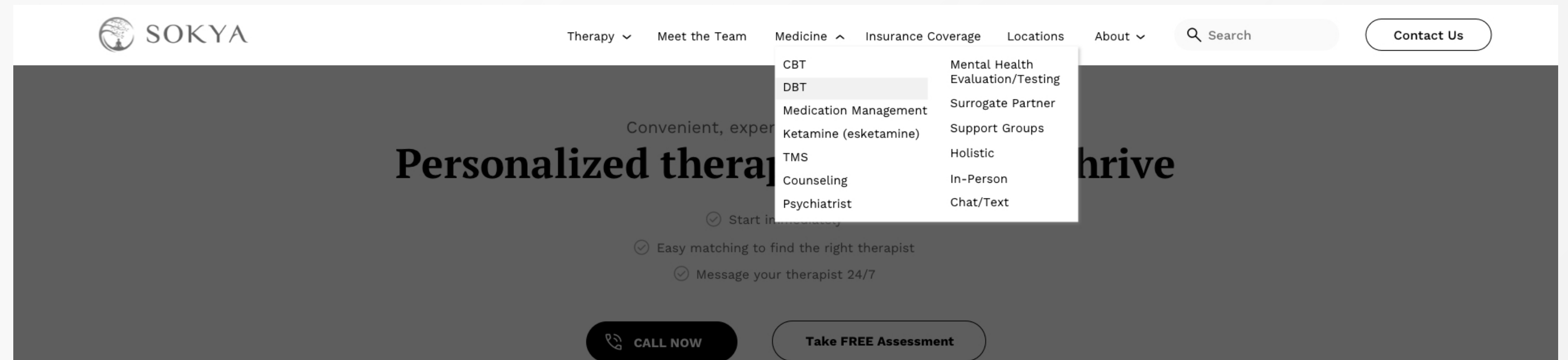
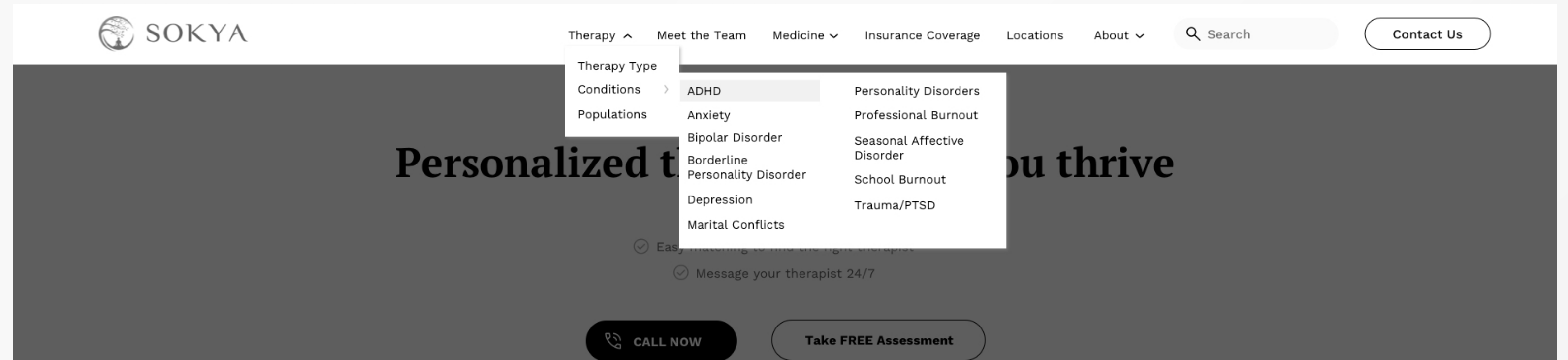
What we are proposing here is leading with “Therapy” and “Medicine” as the two primary service branches to present a user for a way “in” to Sokya’s offerings.

JBA has also created an Information Architecture spreadsheet with our recommendations for a site page structure based on keyword and competitor research.

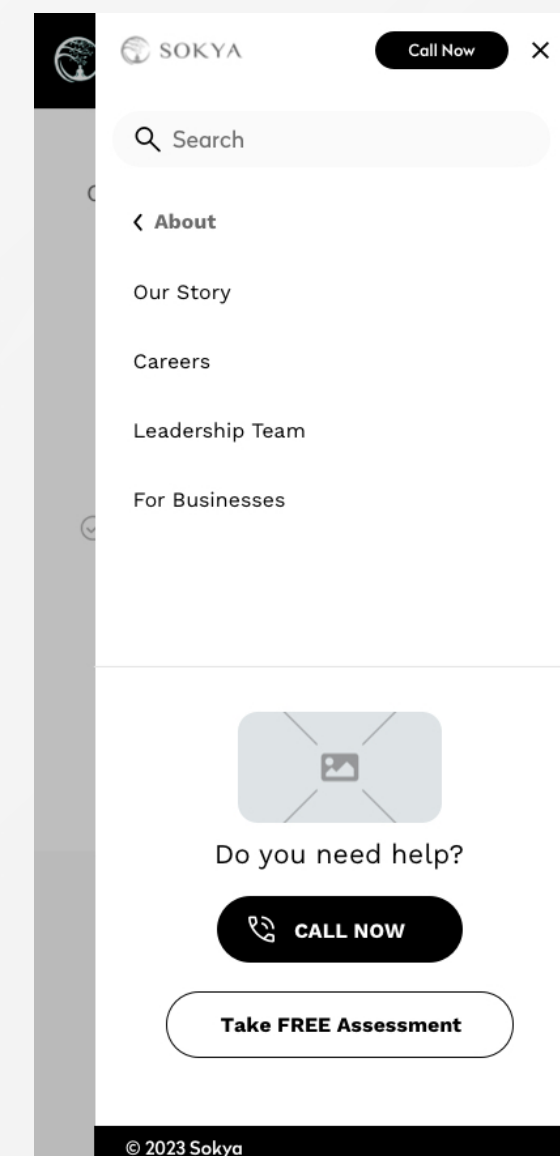
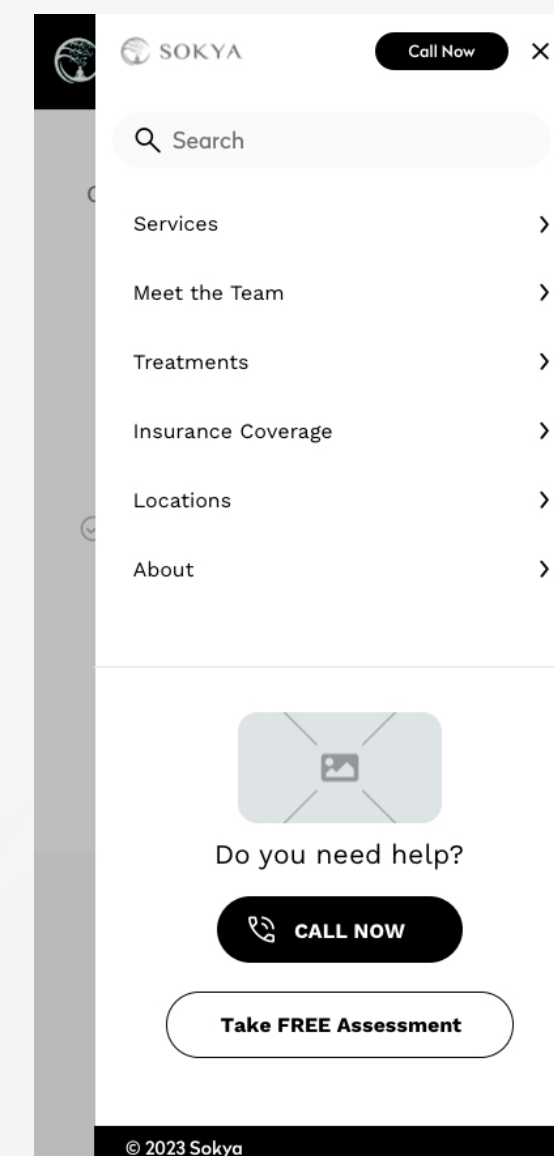
1 On desktop widths we propose using a two-tiered flyout menu, to allow you to delineate treatments and service offerings based on category (eg; identity vs. CBT).

2 On mobile devices, that two-tiered menu will function similarly to many mobile native apps, with a sliding drawer that allows a user to navigate between the menu tiers, or back to the main site easily.

1



2



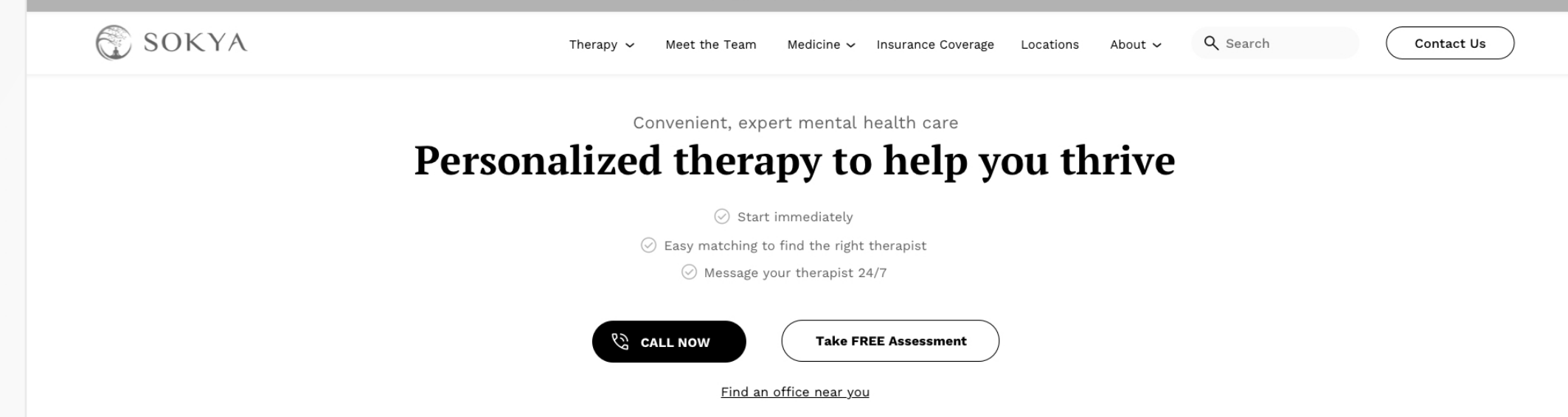
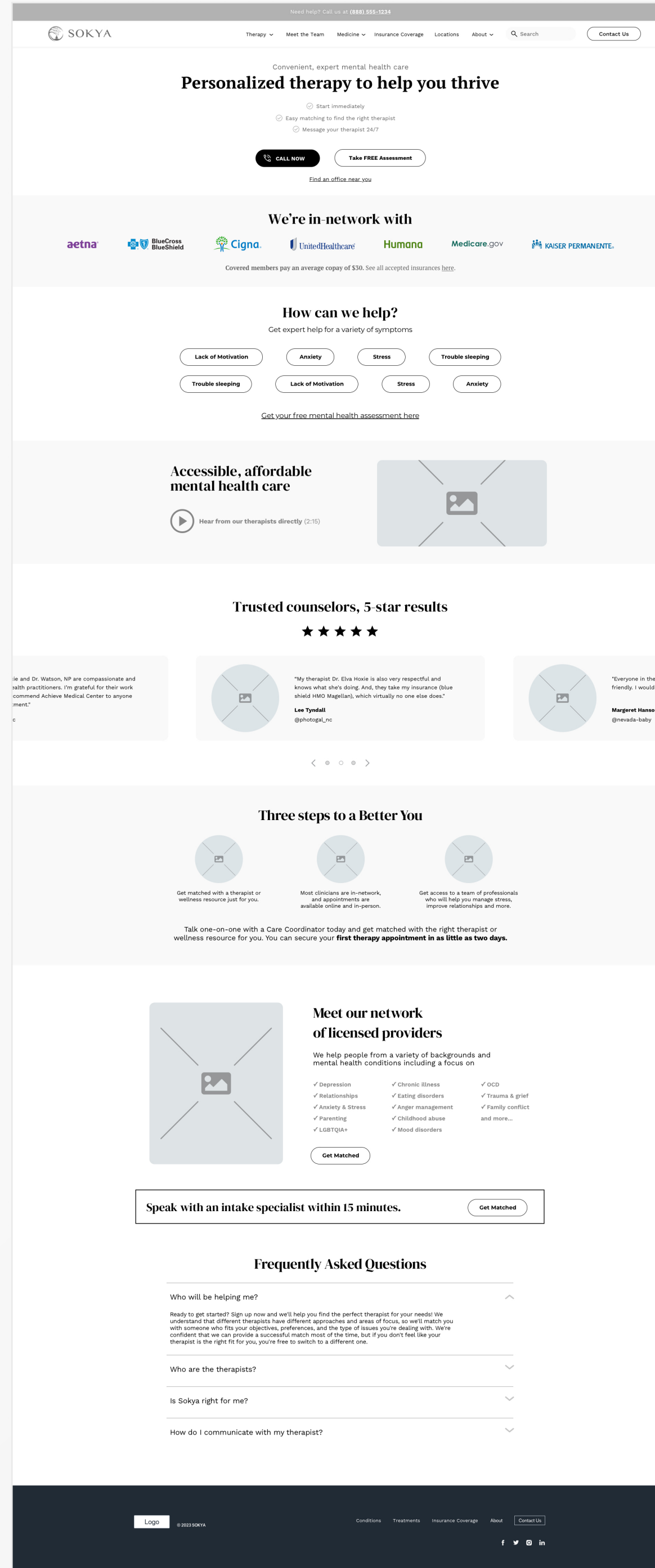
Homepage

Digital front door, conversion point #1

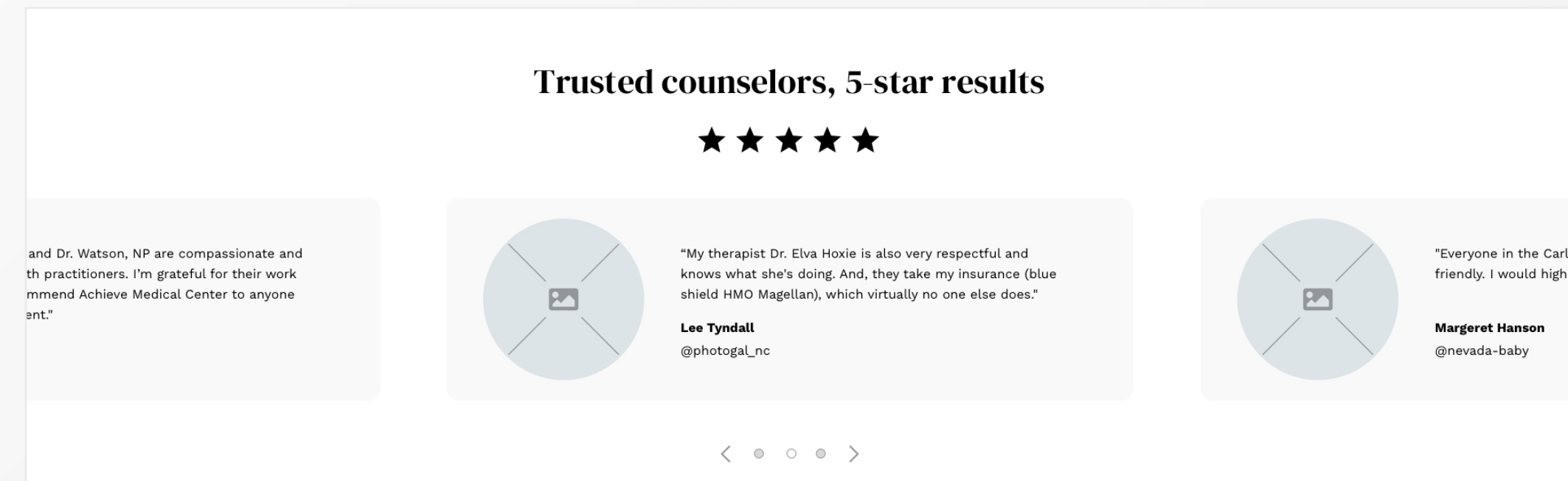
Outside of paid media efforts, your homepage is paramount for any desired conversion in addition to telling your brand story visually at a glance. The homepage also carries significant SEO weight due to receiving a higher number of backlinks and internal links compared to your other pages.

Simply put, the homepage sets the tone, guides new users, and influences their perception of the redesigned Sokya brand.

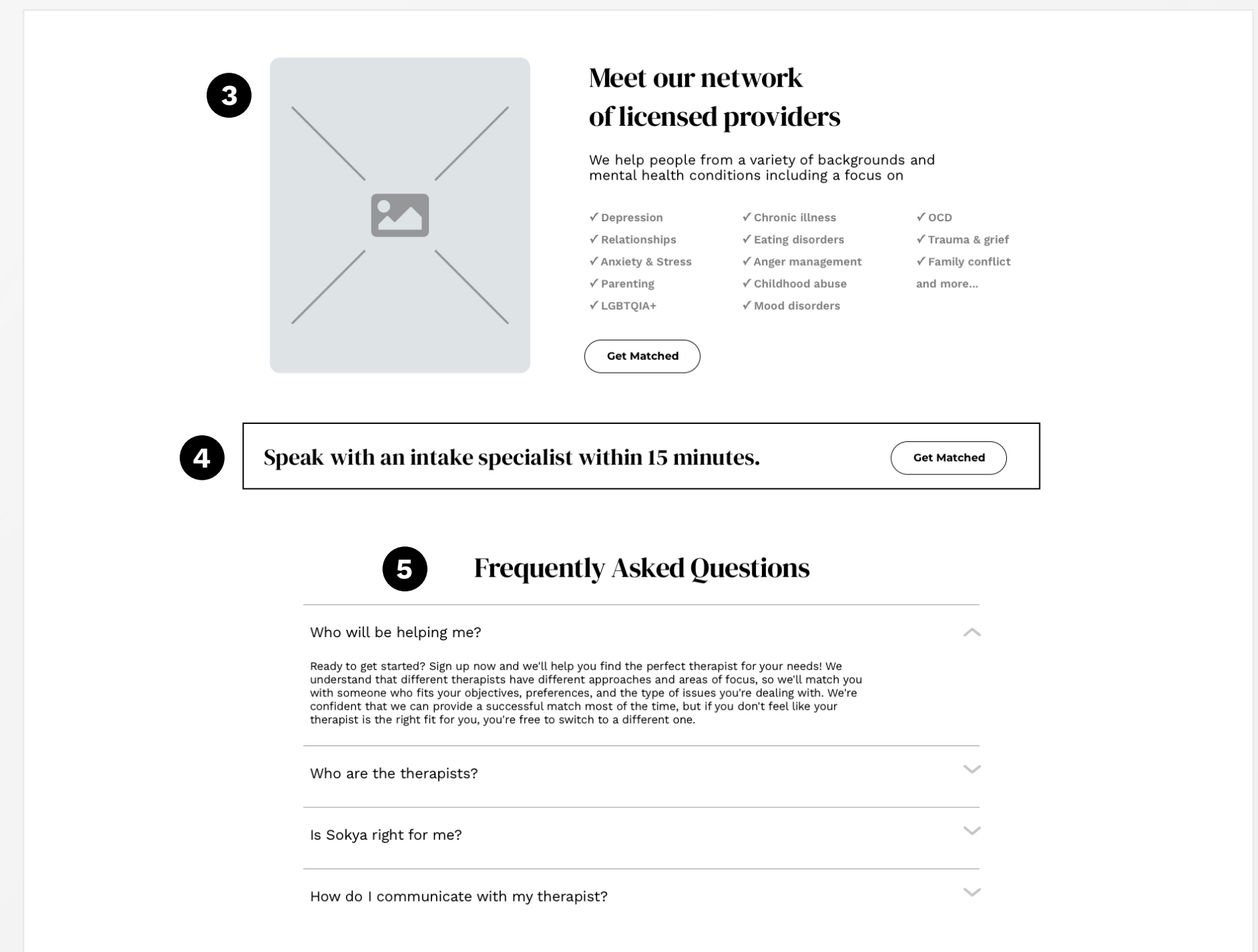
- 1 Content “above the fold” is where 80% of all site conversions happen on the homepage - before a user even scrolls. Utilizing bright, clear CTA buttons with descriptive text here is optimal.
- 2 User testimonials are an organic social proof point providing credibility and trust. Combining testimonials with five-star review iconography increases social proof.
- 3 Displaying a therapist photo makes a visual connection to the human component of the treatment. Photography of smiling humans also converts users very well in our testing.
- 4 Interstitial ads inserted periodically with a call to action ensures the user has ample opportunity to convert into a customer.
- 5 Including an FAQ provides SEO benefits + builds trust by showcasing subject matter expertise.



1



2



3

4

5

Services Templates

Explaining what you do in detail

These templates are designed with flexibility in mind to accommodate a wide variety of subjects (eg; CBT, LGBTQIA+ identity subset, Bipolar medication management, etc.).

1 Example of a Left/Right Image and Text block, which will be repurposed and used throughout the site. Site visitors bounce around quite a bit and so content should be small and digestible, and paired with a compelling image to engage and inform.

2 Text list blocks help a user scan and find what they're looking for quickly while breaking up the page. Using benefits-focused language like "In-Network Therapists, With No Waitlist" is proven to help with conversions.

3 Text card blocks allow for a headline combined with descriptive copy for when a text list is insufficient but you still have 6+ items or topics which may be too much to content use the Left/Right Image and Text blocks.

Your mental wellness journey begins here

Sokya provides a complete range of in-person and online therapy services that help you understand your challenges, modify your behavior and learn healthy coping skills.

[Start Today](#)

How it works

Starting with our initial intake, Sokya is dedicated to getting you the right fit with an outstanding therapist. Our team has a wide variety of specialties, backgrounds, and personalities, so we can find the right match for you, based on your unique needs and situation.

You'll meet with your therapist on a schedule that works for you. Together, you'll design a care plan, and your therapist will track and measure your progress to ensure that you can meet your goals.

[Contact Us](#)

Questions? Contact our Care Coordinators for assistance.

[Contact Us](#)

In-Network Therapists, With No Waitlist

We commonly see a wide variety of issues:

Clinical Conditions	General Topics
Anxiety	Relationships
Depression	Parenting support
ADHD	Partnerships & Intimacy
Bipolar disorder	Work stress & burnout
Chronic insomnia	Life transitions
Chronic pain	Grief & loss
Eating disorders	Self-esteem
Panic	Body acceptance
Personality disorders	Cultural identity
Phobias	Racial trauma
Self-harm	Finding purpose
Struggles with anger	Drinking patterns
Substance use	Trauma & PTSD

Meet Our Providers

[View All](#)

How do you know if you need therapy?

Therapy can help you navigate challenges related to mental illness, life challenges and work and school stress.

You might be feeling overwhelmed, underwhelmed or just off-balance. Over the past few years, it seems as though the whole world has stopped, but the nagging insecurities, doubts and critical voices in your head stayed louder than ever.

Being off-balance impacts your relationships, family life, school and workplace. If you are unsure what service you need, it may be helpful to talk with a mental health professional.

[Get Help](#)

Frequently Asked Questions

What services does your clinic offer?

Sokya provides a complete range of both therapy options from licensed and experienced clinicians. Whether you want to take steps to improve your own mental wellness one-on-one or prefer to work with others in an online setting, our therapy services have something for everyone. Together, we can find the right approach for optimizing a healthier, more balanced life.

How can therapy help me?

What types of therapy do you provide?

How long is each therapy session?

Personal Life Coaching Services

Need a boost of motivation or outside perspective for making a life decision? A professional coach can help you experience a new level of wellness with reliable and protective support.

[Start Today](#)

Unlock Your Potential

We all have trouble setting and reaching our goals sometimes. Life can pull us in many different directions, so it's easy to get distracted and forget what's really important. Even when we recognize this, we might feel stuck and unsure of how to move forward.

Our personal life coaching services can help you push past these roadblocks and give you the tools you need to achieve greater fulfillment and success in everything you do.

[Contact Us](#)

Questions? Contact our Care Coordinators for assistance.

[Contact Us](#)

How Can Coaching Help Me?

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[Learn More](#)

How is Coaching Different Than Therapy?

A therapist will diagnose and treat mental health issues; a professional life coach is a certified mental wellness practitioner that focuses on helping clients overcome problems and explore solutions.

Our coach is a trained coach focused on self-help and therapy when you need short-term support to compare an obstacle you're facing unlike therapy, coaching is not covered under insurance.

[Learn More](#)

The benefits of coaching

We can help with a variety of topics:

- Relationship Challenges
- Creating Work-Life Balance
- Positive Parenting
- Life Transitions
- School Performance
- College Readiness & Success
- Substance Use Recovery
- Career Goals
- Physical & Emotional Health
- Other Concerns

Meet Our Providers

[View All](#)

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Panic	Body acceptance
Personality disorders	Cultural identity
Phobias	Racial trauma
Self-harm	Finding purpose
Struggles with anger	Breaking patterns
Substance use	
Trauma & PTSD	

Relationship Challenges

If you're experiencing problems in your personal, romantic, or professional relationships, a life coach can help get things back on track. While the exact tools and strategies may vary depending on your situation, common steps include identifying your concerns, restoring a healthy dynamic, or improving your conflict resolution skills.

Creating Work-Life Balance

A healthy work-life balance is essential for managing stress and avoiding burnout. Coaching can help you maintain your boundaries and become more productive both at home and in the office. It can also improve your resilience and promote good self-care habits.

Positive Parenting

Being a parent is one of the most demanding jobs in the world. Life coaching can help you better understand your child's needs and feel more confident in your parenting decisions. It can also teach you how to address common issues and discipline with love.

School Performance

Coaching can help students do their best in school. It differs from tutoring but teaches necessary skills such as time management, test preparation, note-taking, and studying.

Life Transitions

Life transitions might include starting a new career, expecting a child, or buying a home. Coaching can help you navigate these changes and overcome any obstacles you'll face along the way. It can also help you utilize your strengths and plan your next steps.

College Readiness & Success

Going to college is a big step. It can feel overwhelming trying to register for classes, choose a major and navigate a new environment, but coaching can prepare you for these challenges. It can also give you the tools and confidence you need to be successful.

Providers Templates

Meet the Team, Provider details

The user experience of browsing available therapists and finding a potential match is important to get right while keeping maintenance overhead low.

- 1 Allowing a user to filter providers by State, Speciality (LMFT, Depression, Esketamine treatment, etc.), and Language seems it would cover most common entry points for users. Note: This filtering requires specific tagging and taxonomy that does not currently exist on sokyhealth.com.
- 2 Limiting the grid to credentialed staff (removing Care Coordinators) reinforces the professional qualifications of your providers to users. Here we are prioritizing the name and specific qualifications of the provider, followed by whether they treat in-person or virtual and in which state they are certified in.
- 3 We expect some users will do a fair amount of research into a provider before deciding to reach out. Standardizing the questions and answers from all your providers will allow us to organize this information into a tabbed menu, paired with a large photo of the provider.

Our Providers




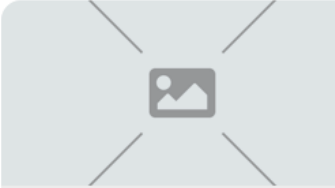
















We are coaches, therapists and psychiatrists who believe that you are the authority when it comes to you and your needs. It is our privilege to meet you where you are and guide you toward an optimal balance of mind, body and spirit, without stigma or shame.

With a team of nearly 200 clinicians and coaches, we have experience with every mental health illness and life challenge.

1 All locations ▾ Specialties ▾ Languages ▾

125 Shown

2

 Aaron Nowlin, LCSW Therapist Virtual, California	 Ali Smith, LPC Virtual, Texas	 Achol C., Care Coordinator Virtual	 Amanda Saxe, PMHNP Nurse Practitioner California
 Amy Aadland, PsyD Psychologist Virtual, California	 Amy Schumaker, LCSW Virtual, Alaska	 Angela Saini, MSN, RN, PMHNP-BC Virtual	 Anna Bellard, LCSW California
 Anna Lopez, LMFT, LPCC Virtual, California	 April Smith, LPC Virtual, Texas	 Ashok Parameswaran, MD Virtual	 Ayne Shore, LMFT California
 Amy Aadland, PsyD Psychologist Virtual, California	 Amy Schumaker, LCSW Virtual, Alaska	 Achol C., Care Coordinator Virtual	 Amanda Saxe, PMHNP Nurse Practitioner California
 Beaux Baggesen-Jensen PMHNP, ARNP, MSW Virtual, California	 Benjamin Knowlton, LCSW Virtual, Texas	 Blaire Heath, DO, PHARM.D, RD Virtual	 Brenda Burris, LCSW California

3

SOKYA TEAM

Aaron Nowlin, LCSW

Location: Virtual
Licensed in: CA

"I specialize in DBT, ACT, Motivational Interviewing, and Healing from Trauma. My clients will come to expect sensitivity, empathy, sincerity, and a willingness to collaborate on goals designed to improve their well-being."

BOOK NOW

Therapy Style | Education | Personal

Specialties: Acceptance and Commitment Therapy (ACT), Anxiety, Depression, Dialectical Behavioral Therapy (DBT), Motivational Interviewing (MI), Stress

Approach: What makes me different from other provider is my diverse clinical and experiential training. I've collaborated and provided care for clients of all ages and demographics, in most settings including school, home, detention centers, and in the community. My sensitivity to developmental trauma disorder and my understanding of trauma makes me an expert in the field.

Careers Templates

Recruiting and HR information

The current sokyhealth.com has job detail posts via the website, along with resume submission via form fill. We have replicated that behavior here, but can be flexible with eg; integrating with a job listing API service or simply linking out to GlassDoor or Indeed.

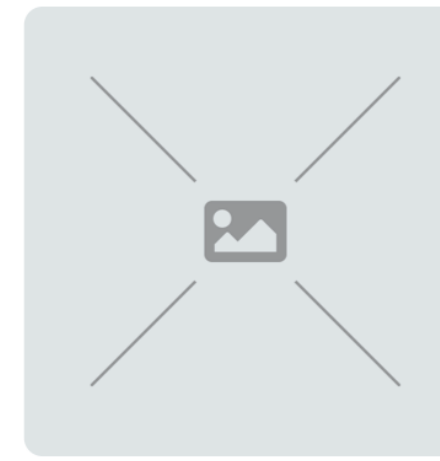
- 1 Lacking from the current sokyhealth.com are clear benefits for staff. We expect this information will help convert potential hires.
- 2 Concrete benefits and employee testimonials, ideally via video, would work very well. However, in the interim an image + benefits-oriented copy will suffice.
- 3 Job detail postings can leverage a standard image (a group team photo, ideally) in the template.

Mental Health Careers and Roles

We're revolutionizing mental health and wellness and we'd love for you to join us!

We believe that building the best mental health company starts with hiring the best clinicians and giving them the best environment in which to work. Happy mental health clinicians means well-cared-for clients.

Founded by board-certified psychiatrists, Sokya is led by a team with decades of mental health experience. We have immense respect for clinicians, coaches and support staff, and we know that it takes a team to provide the best care available.



Our Mission

To provide a truly holistic mental health and wellness experience in the digital space, with fully coordinated services and a rich diversity of wellness experts.



Our Vision

To be a leader in mental health and wellness with a focus on quality of care and 'goodness of fit' between clinicians and clients, supported by abundance and accuracy of resources.



Our Values

We value whole-person wellness for both clients and staff. We honor our clients' internal capacity to achieve a state of whole wellness, and honor our team's capacity to meet the needs of our clients in a proficient, compassionate and trauma-informed way.

1 We offer full-time employment for our care team, including:

- ✓ Medical, Dental, and Vision plans
- ✓ Convenient work from home or hybrid options
- ✓ 401(k) plan with company contribution
- ✓ Great salary and bonus structure that allows for paid time for collaboration and documentation

2



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Send Us Your Resume

We'd love to hear from you.

Name *
First & Last Name ✓

Email *
Enter your email address

Phone *
() - -

Position
Psychiatrist

By clicking "Send Message", you consent to receive calls and text messages using automated technology from SokyaHealth at the number provided and understand this is not a condition of purchase.

Sign up for our newsletter

SEND MESSAGE

Join Our Team of Mental Health and Wellness Experts

3



Position: Therapist

Oct 20, 2022

Sokya is a group practice with locations in several states focusing on providing quality outpatient mental healthcare to clients when and where they need it. We are a team-oriented group practice with work from home options, excellent pay, and a supportive, employee focused environment.

We are committed to the principles of diversity, equity, and inclusiveness and seek to create a working environment reflective of this commitment.

Job Overview

Sokya is seeking licensed, outpatient mental health therapists and psychologists for our growing practices in AK, CA, CO, FL, ID, OR, TX and WA. The licensed outpatient, mental health therapist or psychologist will be responsible for direct care, with remote and in-person options once COVID restrictions are lifted.

Requirements

- Master's Level Degree or higher (Required)
- Full, unencumbered PsyD, LMFT/LCSW/LPC/LCPC/LMHC. *Please note, applicants without a valid, active license will not be considered*
- Ability to collaborate with a clinical team and willingness to put patients first.

Pay

\$65,000.00 - \$100,000.00 per year

Send Us Your Resume
We'd love to hear from you.

SEND US AN EMAIL

About Page

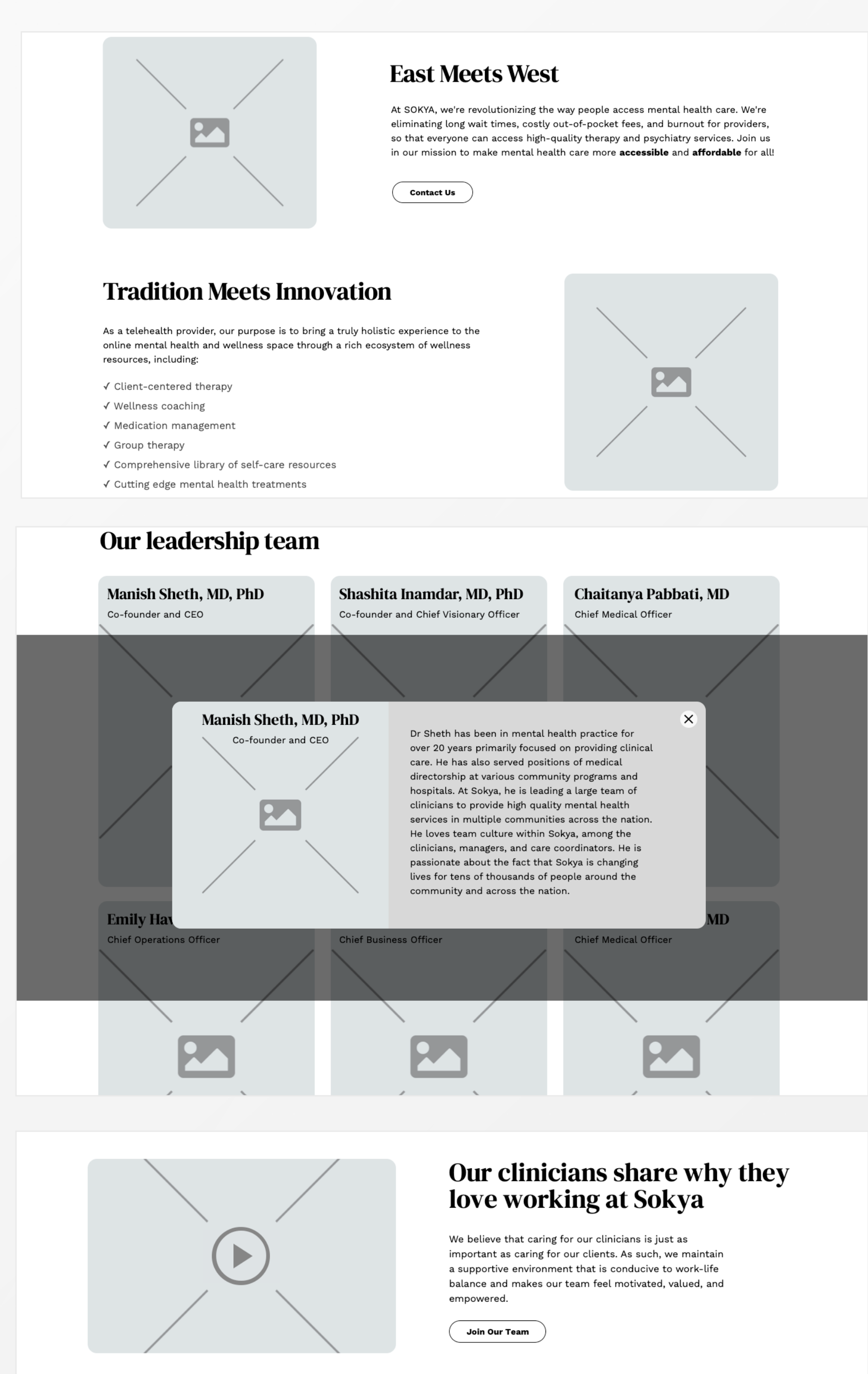
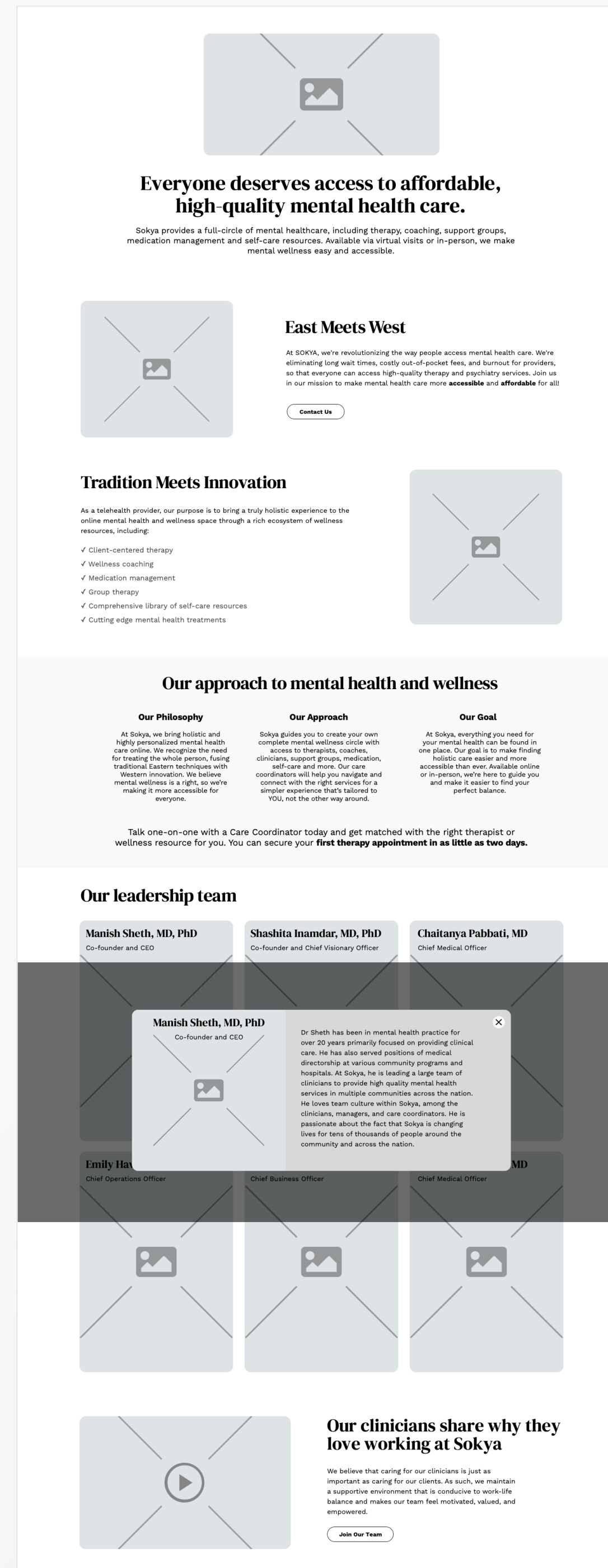
Connecting a user to your brand

An opportunity to connect with your audience, the About section holds within it information about your organization, business, approach and can house an introduction to your blog for further insight into mental health (that ideally only you are able to provide).

1 The current sokyahealth.com About page is too much text, so here we've broken up that same information into blocks with associated imagery.

2 The Leadership Team section can leverage a modal window overlay effect to expand biographical information.

3 Eventually this would be another ideal location for video content, to establish a human connection between your brand and the user.



Insurance Page

Reinforce affordability and coverage

Transparency, removing barriers to entry for your users, and building trust should be the pillars for this page since users who arrive here are clearly concerned about costs.

1 Messaging the affordability and emphasizing it within the first paragraph is optimal vs. only listing insurances, though listing the insurance company logos below is a good idea for a visual element to add.

2 A pricing table for in-network vs. out-of-network allows a user to visually scan for approximate costs and removes a barrier to entry.

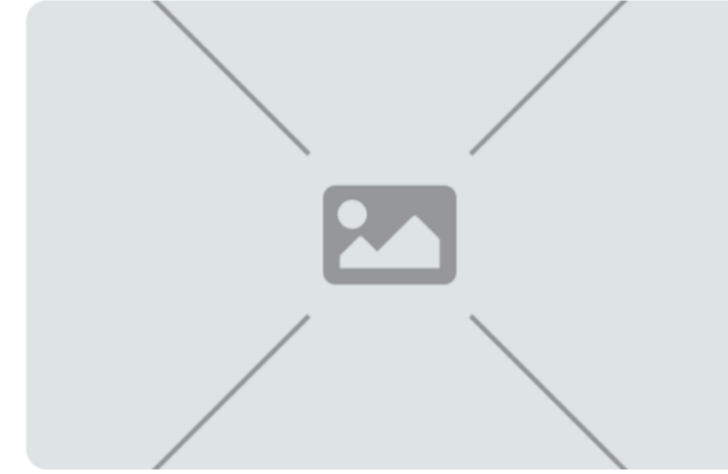
3 An FAQ here can also serve as a way to assuage user concerns around costs and the complicated nature of insurance around mental health services.

1

We partner with insurance to make therapy affordable.

High-quality therapy is expensive. Our mission is to make it accessible to more people by working with insurance companies to cover mental health services in-network. **Over 90% of our clients are getting great care with only a co-pay fee.**

Get in Touch



Our insurance partners

aetna

BlueCross BlueShield

Cigna

UnitedHealthcare

Humana

Pricing

In Network

We are currently in-network with multiple employer-sponsored insurance plans. Co-pays and deductibles for our services range based on your coverage.

[Anthem Blue Cross of California \(CA\)](#)

[Aetna \(All states\)](#)

[Health Net and Managed Health Network \(MHN\) \(CA\)](#)

[United Healthcare UMR plan for Mount Sinai employees \(NY\)](#)

Out of Network

Most times, you can get 50% - 80% of your care paid for if your out-of-network benefits apply.

We can provide you with a monthly superbill to get this money easily reimbursed.

Individual Therapy: \$170-250/session

Couples or Family Therapy: \$190-275/session

2

Questions? Contact our Care Coordinators for assistance.

Contact Us



3

Frequently Asked Questions

Do you accept Medicare or Medicaid? ^

At this time, Sokya does not participate in any government payor programs, including Medicare and Medicaid. We also are not able to sign any single case agreements, which means we can't provide services to anyone who is covered by these plans, even if they want to pay out of pocket. This includes Medi-Cal plans in California and Medicaid plans in New York, Connecticut, Florida, New Jersey, Texas and Washington D.C.

How do I find out exactly how much I'll pay? v

Are there payment options? v

How do I get reimbursed as an out-of-network client? v

Contact Us, Businesses

Use latest form tech, attract business partnerships

To be considered here: what is the workflow for a potential business partnership? ie; should we be looking to add a form to this page?

- 1 Updating your contact form to have progressive fills and smoother user data entry will likely lead to a conversion increase across the board.
- 2 Leveraging logos of any brands you've worked or collaborated with provides a proof point.
- 3 Ultimately featuring a big testimonial with a recognizable brand logo would be best.

Contact Us

If you are having an emergency, please go to the nearest emergency room (ER) or call 911. For all other mental health needs or services, please see the information below.

[Click here](#) to schedule a call with one of our Care Coordinators to speak about Sokya services and be matched with a Sokya mental health clinician - or fill out the form below.

1

Name *

Email *

Phone *

Message

Tell us how we can help.

By clicking "Send Message", you consent to receive calls and text messages using automated technology from SokyaHealth at the number provided and understand this is not a condition of purchase.

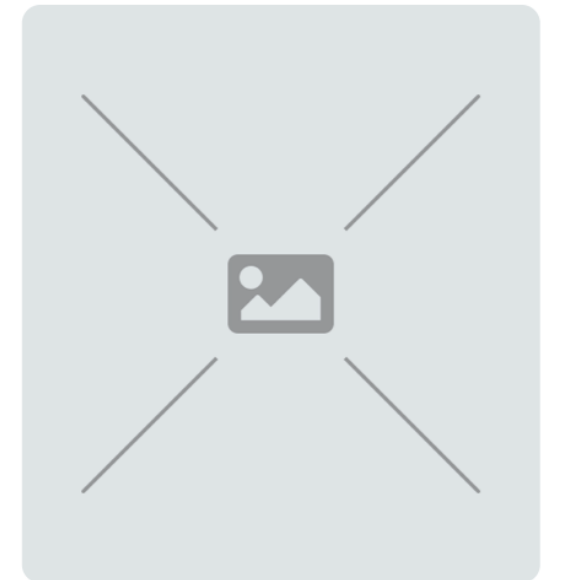
Sign up for our newsletter

Provide Mental Health Care for Your Organization

Meet the most comprehensive mental health program for your organization

Founded and led by doctors, with over 100 experienced clinicians, we have helped thousands of people discover their balance through evidence-based western approaches and complementary therapies from around the world.

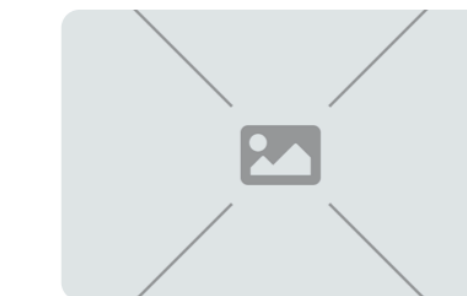
We're bringing concierge-level care to the digital world so physicians can provide patients access to expert mental health and wellness resources, creating healthier communities in body, mind, and spirit.



Covering over 280 million lives and trusted by organizations nationwide



- 3** "Our Partnership with Sokya has been a game changer for our team. In no time at all, our entire team was up and running and our employees had access to therapy at their fingertips (and in-office as well!). Our employees love the platform and find it easy to use, as they can seek out exactly what they need in a provider."



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Locations pages

Dovetailing with a Brightlocal and Google Local Services Strategy

We'll be creating a: Locations Landing page, a States detail page, and a City detail page to take maximum advantage of Brightlocal's multi-location business strategy.

1 Locations landing can feature a small map up top and then a grid with representative state images. Photography? Depends on brand style.

2 Varying the interstitial ads will prevent visual "sameness" while allowing you to tailor the advertisement based on the content its being served in. For example, this ad features the name of the state the user is based in.

3 Another card-style block can be used to list the available services in that particular state or city. This provides an SEO benefit and is good UX for a user - if they're checking out the states you have available, surfacing the services offered here makes sense.

Beautiful facilities and great locations

In addition to virtual visits, you can see your provider in person at one of our SokyaHealth locations. Our health clinics are located throughout the US from the West to East Coast.

1

Frequently Asked Questions

I'm out of state, can you still help me?
 Ready to get started? Sign up now and we'll help you find the perfect therapist for your needs! We understand that different therapists have different approaches and areas of focus, so we'll match you with someone who fits your objectives, preferences, and the type of issues you're dealing with. We're confident that we can provide a successful match most of the time, but if you don't feel like your therapist is the right fit for you, you're free to switch to a different one.

Who are the therapists?

Is Sokya right for me?

How do I communicate with my therapist?

Mental Health Treatment in California

Sokya offers evidence-based mental health services for patients in California, available in-person and online. We have locations in San Diego, Temecula, Carlsbad, Eastlake and Palm Desert for your convenience.

2

San Diego, CA 5060 Shoreham Place Ste. 330 San Diego, CA 92122 View Details View hours and more	Temecula, CA 32605 Temecula Parkway Ste. 220 Temecula, CA 92592 View Map View hours and more	Carlsbad, CA 2386 Faraday Avenue Ste. 110 Carlsbad, CA 92008 View Map View hours and more
San Diego, CA 5060 Shoreham Place Ste. 330 San Diego, CA 92122 View Map View hours and more	Temecula, CA 32605 Temecula Parkway Ste. 220 Temecula, CA 92592 View Map View hours and more	Carlsbad, CA 2386 Faraday Avenue Ste. 110 Carlsbad, CA 92008 View Map View hours and more

Schedule a session with a mental health professional in California

Our providers help people make meaningful advances in their lives. We accept most insurances, and offer weekend and evening sessions.

[Find a provider](#) (866) 657-6592

★★★★★
 Rated 4.5 overall from 11,230 Google reviews

Psychiatric Services Available in California

Sokya offers a complete circle of holistic, evidence-based mental health services online or in person. Our goal is to provide access to high-quality therapy, coaching, medication management, groups and more to make finding the right balance of mental wellness care easier than ever. With everything you need in one place, our care coordinators are here to guide you through the treatment process each step of the way.

Therapy Psychotherapy is an evidence-based technique that involves working with a therapist to explore your thoughts, feelings and behaviors and how they affect your mental health. Common types of psychotherapy include individual, group and play therapy, as well as cognitive behavioral therapy, psychodynamic therapy and others. Therapy is available in person or online and can be combined with other mental health treatments to ensure a holistic, well-rounded approach that meets your unique needs. Learn More	Groups Groups bring people together to overcome shared struggles such as mental illness, anxiety, parenting, substance abuse, life stressors and more. We've developed safe, supportive spaces where you can find hope and healing among your peers and gain new insights to help you deal with whatever comes your way. Group therapy at Sokya is available in person or online and can be combined with other mental health treatments to ensure a holistic, well-rounded approach that meets your unique needs. Learn More
Medication Management Psychopharmacology is the use of psychiatric drugs to treat and control the symptoms of mental illness. It involves a thorough evaluation and assessment to determine what kind of drug-induced changes may impact your mood, thinking and behavior in positive ways. Finding the right medication is a collaborative process in which you and your doctor work together to improve your mental health. We also provide regular follow-up visits and medication management to ensure treatment continues in a safe and consistent way. This service is often combined with psychotherapy and available both online or in person. Learn More	Neuropsychological Evaluations Neuropsych evals are used to assess your mental, emotional, social and behavioral health. They utilize standardized tests and procedures that can be used for both children and adults. The results are then used to guide the treatment process and ensure that you're connected with the right services for balancing and enhancing your mental wellness. Learn More
Neurofeedback Also known as EEG biofeedback, neurofeedback therapy is a form of brainwave training that teaches your brain to work at its fullest capacity. It can help you learn to direct your focus and attention and more efficiently switch gears as needed for a given task at hand. Neurofeedback can be used to treat numerous mental health disorders and has been used successfully with children as young as 18 months to adults over 80 years old. Neurofeedback is available in California at our Temecula, Carlsbad, Eastlake and Palm Desert locations. Learn More	Spravato (Esketamine) Therapy Spravato is an FDA-approved intranasal ketamine therapy that is effective for treatment-resistant depression. It can also provide short-term symptom relief, especially during a crisis. Esketamine therapy is often combined with other mental health services to ensure a positive long-term outcome. Our online care coordinators can help you get started with ketamine therapy, but Spravato must be administered in person. Treatment is available at our San Diego, Carlsbad, Eastlake/Chula Vista. Learn More

San Diego Mental Health Services

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Assessment / Quiz

Dovetailing with a Brightlocal and Google Local Services Strategy

Eventually you may want to move into an intake form that will help you better sort users in your funnel based on their symptoms, location etc.

- 1 Introduction that lays out the steps clearly to set expectations is good behavior for forms like this.
- 2 A progress indicator for multi-step forms is a good way to reassure the user that it won't take long.
- 3 Allowing the user to go back and edit information may be useful given the subject matter - if a description of symptoms might be impacted by a question later on in the form, or they wish to edit their privacy settings etc. (this depends on the final content / copy for these pages)

SOKYA

2 Introduction

Welcome to Sokya!

We'd like to learn more about what's bringing you to Sokya. The following steps will help us better understand your experiences, goals, and preferences for care.

- 1 Share some basic information so we can contact you.
- 2 Tell us more about what type of support you're looking for by completing a short questionnaire.
- 3 Tell us about your mental health background. If we need more information, we may schedule a free phone consult.
- 4 Once we find the right match, we'll set you up with a provider.

If you have any questions, you can also reach us at support@sokyahealth.com.

Get Started

SOKYA

Account Setup

A little about you

Let's get started with some basic information.

First Name: Ryan

Last Name: [This is a required field]

Date of Birth: []

Phone Number: []

Email address: []

Where are you located? [Select]

How did you hear about us? [Select]

Accept **Terms of Service** and **Privacy Policy**.

3 Continue

← Back

Blog Index, Detail

Designed to be flexible for your content strategy

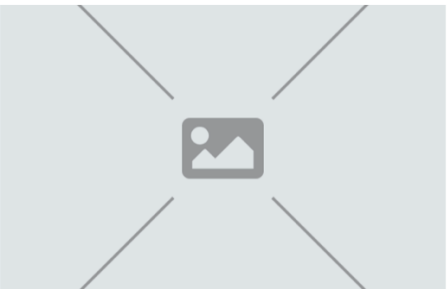
The layouts here allow for importing the current blog content and category/tagging structure, but is flexible enough to incorporate additional content strategies down the line.

- 1 A semi-standard post grid layout, with interstitial ads inserted would be a good starting point. Eventually multiple filtering levels, featured posts, and searching blog post content can be added.
- 2 Allowing a user to easily share the article to various social networks should be default.
- 3 Related articles can be based on the existing categorical taxonomy on sokyhealth.com but can also be set manually in the WordPress backend if desired.

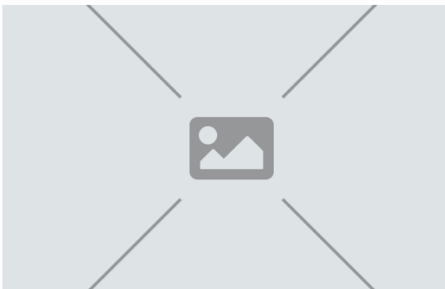
Self-Care Resources - Discover Your Balance

We've designed this space to serve as a rest stop on your path to wellness, where you'll find self-care resources to nourish your mind, body and spirit. Caring for these aspects of ourselves helps us find serenity while learning how to control our minds and channel intrusive thoughts.

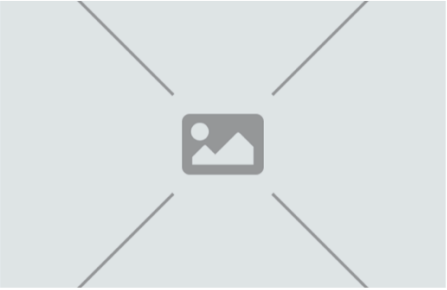
Categories: All, Chaos, Connection, Mood, Peace, Rest, Thrive



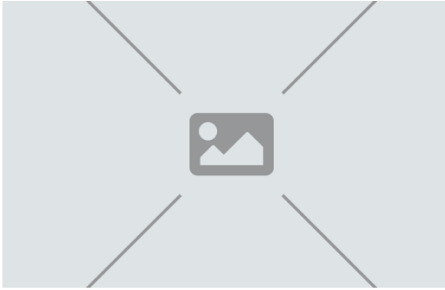
Responding To Challenges
Water Intake: Why Staying Hydrated Boosts Brain Power
Did you know that hydration plays a huge role in mental health and one's capacity for rational thought?
[Read more](#)



Mindfulness, Health
Mindful Eating: Change Your Beliefs to Change Your Life
No matter what change you want to create, if you would like to change your eating permanently it is time to take a look at your Relationship With Food.
[Read more](#)

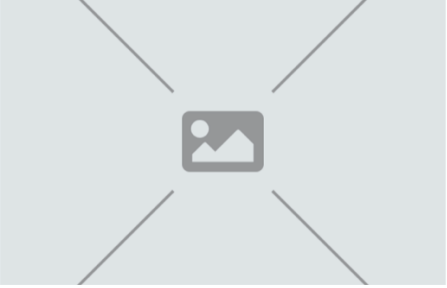


Mindfulness, Interior
Clean Space, Clean Mind
Let's talk about why cleaning is so crucial to our mental health.
[Read more](#)

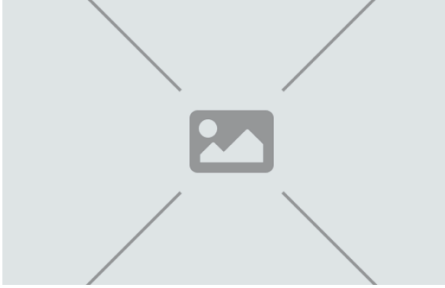


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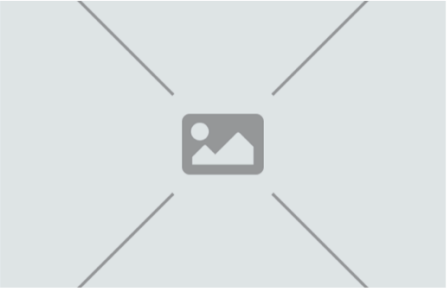
1 [Speak with an intake specialist within 15 minutes.](#) [Get Matched](#)



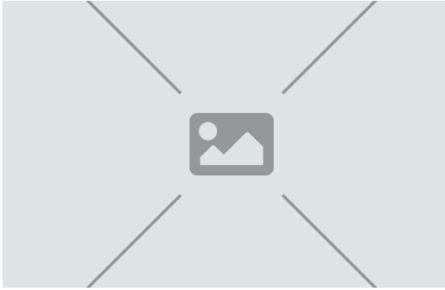
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Mindful Eating: Change Your Beliefs to Change Your Life

Mindfulness · 8 minutes reading · February 23, 2023 · Share this article: [f](#) [t](#) [i](#) [c](#) [o](#) [s](#) **2**

You want to cut out gluten, dairy, or sugar? Relationship With Food.

You want to lose 10, 20, or 100 pounds? Relationship With Food.

You want to eat more vegetables? Relationship With Food.

You want to stick to that diet everyone is talking about? Relationship With Food.

No matter what change you want to create, if you would like to change your eating permanently it is time to take a look at your Relationship With Food.

In other words, what are your beliefs about food? What do you consider to be good and bad? What triggers negative self-talk and what triggers self-approval? Sustaining change will be much more efficient and accessible if we peel back the layers and take steps toward unlearning and relearning our individual food beliefs. Let's get started.

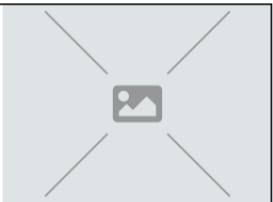
1 [Speak with an intake specialist within 15 minutes.](#) [Get Matched](#)

One: Identify Foods Function in Your Life

Aside from nutrition, energy, and physiological fullness, what does food do for you?

First, let's identify your slippery slopes with food. Keep in mind that some categories overlap with each other and take note of what applies to you:

Eating to Self-Soothe: Do you feel numb and/or comforted when eating certain foods? Do you notice reaching for certain foods when feeling anger, sadness, disappointment, loneliness, or any version of emotional discomfort? Do you feel unable to comfort yourself and/or cope with hardship without food?

2 **Feeling stuck? Overwhelmed?**
[Speak with an intake specialist today.](#) 

[Get in Touch](#)


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