

# Guide: Creating a Therapy Estimate Using ChatGPT (for Oberon Practitioners)



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## 1) Start with the outcome you want

Tell ChatGPT exactly what you're trying to produce.

### Prompt example:

“I need a client-friendly therapy estimate for a 6/12-week Oberon program. Please format it like a proposal with services, schedule, cost, and payment options.”

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## 2) Paste your program structure (schedule + services)

Include the therapy frequency, scan schedule, what's included, and how it's delivered.

### Include details like:

- Meta schedule (ex: 4 days/week homeostasis)
- Any add-ons (physiotherapy, aura therapy, emotion/relationship therapy, etc.)
- Rescans (biweekly/monthly) + report delivery
- Calls (weekly Q&A call, follow-up call)
- Paraffin creams (how many + what they're for)
- Video instructions (WhatsApp video when therapy starts)

### Prompt example:

“Therapy includes: 4-day weekly meta (homeostasis), weekly call, biweekly rescan with report, 3 paraffin creams for hormones/nutrients/microorganisms, and a WhatsApp start video.”

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## 3) Paste pricing and payment options clearly

ChatGPT can only calculate and present clean totals if the numbers are explicit.

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**Provide:**

- Consultation fee
- Weekly cost (if applicable)
- Total program cost
- Included items (and their value)
- Payment plan options (pay in full vs split pay)

**Prompt example:**

“Consultation is \$150. Six-week plan is \$1200 total (includes \$300 paraffin/tincture value). Payment options: pay in full OR 50% upfront and remaining at week 4.”

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**4) Ask for a formatted estimate (proposal style)**

This is where ChatGPT shines—turning your notes into something client-ready.

**Prompt example:**

“Please format this as a professional therapy estimate with headings: Program Overview, What’s Included, Schedule, Investment, Payment Options, Next Steps.”

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**5) Add a disclaimer (protective, client-safe language)**

Always ask for a disclaimer you can attach to the estimate. This protects you and keeps language aligned with wellness services.

**Prompt example:**

“Add a disclaimer stating services are complementary wellness support, not medical diagnosis/treatment, results vary, and client should continue medical care.”

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**6) Ask for an email version (estimate + scheduling request)**

Once you have the estimate, ask ChatGPT to turn it into an email that:

- references the attached report
  - summarizes the plan briefly
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- lists payment options
- requests a follow-up call time

**Prompt example:**

“Write an email to the client summarizing the attached report + therapy estimate, and ask for 2–3 time options to schedule a follow-up call.”

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**7) Use a “copy/paste template” workflow for every client**

This keeps your process fast and consistent.

**Therapy Estimate Template (copy/paste)**

Paste this into ChatGPT and fill in brackets:

**Prompt template:**

Create a professional therapy estimate for a client using Oberon biofeedback support.

**Client focus:** [condition/goals]

**Program length:** [# weeks]

**Therapy schedule:** [meta days/week + add-ons]

**Rescan schedule:** [biweekly/monthly] with report included

**Includes:** [# paraffin creams + what they target], [weekly call], [WhatsApp start video], [initial scan/consult/follow-up]

**Cost:** Consultation \$[ ], Program \$[ ] total (includes paraffins/tincture value \$[ ]).

**Payment options:** [pay in full] OR [split pay terms].

Format with headings and include a disclaimer.

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**8) Quality-check prompts (make ChatGPT proofread itself)**

Before sending, ask for a final review pass.

**Prompt example:**

“Please check for clarity, professionalism, and that totals match the payment options. Keep it client-friendly and not overly clinical.”

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**9) Optional: Create a “high / mid / low” range estimate**

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This is helpful when intensity varies (like your myeloma/kidney client vs standard 6-week plan).

**Prompt example:**

“Create 3 tiers: Standard, Enhanced, Intensive—based on 3–4, 5–6, or daily meta sessions. Keep the same format and show weekly + total.”

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**10) What NOT to paste (privacy + professionalism)**

For group training, teach users to avoid including:

- full DOB, address, phone
- full medical record numbers
- sensitive identifiers

Instead, use:

- initials or “Client”
  - age range if needed
  - general condition summary
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**Quick Demo Prompt (for your presentation slide)**

Here’s a single prompt you can show your audience:

“Create a client-friendly therapy estimate for a 6-week Oberon program. Include: 4-day weekly meta (homeostasis), biweekly rescan with report, weekly Q&A call, WhatsApp start video, and 3 paraffin creams (hormones, nutrients, microorganisms) included. Consultation + initial scan + report review included in \$150. Program is \$1200 total (includes paraffins value \$300). Payment options: pay in full or 50% upfront with remaining balance due at week 4. Format as a professional proposal and include a non-medical disclaimer.”

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# Example Therapy Plan & Estimate

## Biofeedback & Frequency-Based Support Program

**Client Name:** [Client Initials]

**Prepared By:** [Practitioner Name]

**Program Length:** 6 Weeks

**Start Date:** [To Be Scheduled]

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### Program Overview

Based on the client's recent Oberon biofeedback scan and consultation, a **6-week structured therapy plan** is recommended to support systemic balance, digestion, detox pathways, and nervous system regulation.

This program uses **meta-therapy (homeostasis focus)** combined with **frequency-infused remedies** to help the body regulate stress patterns, improve absorption, and support overall resilience.

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### Therapy Schedule

#### Weekly Therapy Frequency

- **4 Meta-Therapy Sessions per Week**
  - Focus: Homeostasis, nervous system regulation, digestive support, and detox signaling
  - Sessions are rotated to avoid overstimulation and support gradual regulation

#### Progress Monitoring

- **Bi-Weekly Re-Scans (Every 2 Weeks)**
  - Updated reports included
  - Therapy adjusted based on scan changes and client feedback

#### Client Support

- **Weekly Check-In Call**
    - Review symptoms, questions, and therapy response
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- **WhatsApp Video**
    - Sent at therapy start with instructions on remedy use and what to expect
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### **Frequency Remedy Support (Included)**

Three customized **paraffin frequency creams** are included in the therapy plan:

1. **Microorganism Support Paraffin**  
Supports energetic regulation related to bacterial, fungal, and viral stress
2. **Nutrient Support Paraffin**  
Supports mineral, vitamin, and amino acid absorption patterns
3. **Hormonal & Nervous System Paraffin**  
Supports endocrine signaling, stress response, and nervous system balance

All paraffins are custom-imprinted and shipped directly to the client.

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### **Initial Services (Included)**

- Full Body Oberon Biofeedback Scan
- Initial Consultation
- Therapy Plan Development
- Follow-Up Call to Review Report & Therapy Schedule

**Initial Services Fee: \$150**

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### **Program Investment**

**6-Week Therapy Program**

**Total Cost: \$1,200**

- ✓ Includes all meta-therapy sessions
  - ✓ Includes bi-weekly rescans & reports
  - ✓ Includes 3 paraffin remedies (value \$300)
  - ✓ Includes weekly calls & video support
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**Consultation Fee: \$150**

**Total Program Investment: \$1,350**

### **Payment Options**

#### **Option 1 – Pay in Full**

- \$1,350 due prior to program start

#### **Option 2 – Split Payment Plan**

- \$600 due at program start
  - \$600 due at Week 4
  - \$150 consultation fee due separately
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### **Next Steps**

To begin:

1. Confirm your preferred payment option
2. Schedule your follow-up call
3. Select a therapy start date

During the follow-up call, we will review your report together, finalize your weekly schedule, and answer any remaining questions.

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### **Disclaimer**

Biofeedback, meta-therapy, frequency remedies, and supportive wellness services are complementary and non-medical in nature. They do not diagnose, treat, cure, or prevent any disease and are not a substitute for medical care. Clients should continue working with their licensed healthcare providers. Results vary, and no guarantees are made.