

## **OUTPATIENT SERVICES and FEES AGREEMENT**

### **Initial sessions**

Our first 1 or 2 sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you a summary of the issues you face, your strengths, and possible resources for meeting these challenges. I will provide feedback on whether or not my services match your needs and together we will develop a plan. Addressing psychological issues involves a large commitment of time, money, and energy, so you should be very careful about the provider you select. If you have questions about my practice, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

### **Neurofeedback**

Neurofeedback prepares the brain for new learning making the process of reflecting on one's experience and making changes in one's habits easier. Recent advancements in neuroscience show significant evidence of neuroplasticity or the simple idea that the brain continuously changes its function based on new learning. Neurofeedback involves a learning task that enhances the functioning of the prefrontal cortex. The pre-frontal cortex is the brain area most linked to the regulation of emotion.

With Neurofeedback, one's ability to pause, observe, and flexibly choose one's responses increases. This can assist with how we respond to stress and result in decreases in anxiety, depression, anger, irritability, and impulsivity. Neurofeedback allows anxiety to decrease and openness to our own experience to increase. It helps people observe themselves in the moment and make changes to their automatic habits and become unstuck. Given these effects, it is an extremely useful tool for enhancing outcomes of 'talk therapy' as it allows one's brain to process things differently in ways that 'talk therapy' does not always produce. I do recommend that most people are in talk therapy at the same time as receiving Neurofeedback. It can enhance one's ability to tolerate and benefit from the process of talk therapy.

Dr. Tyrrell Baker is trained in the pIR HEG methodology of neurofeedback developed by Dr. Jeffrey Carmen in Manlius, NY. The method is non-invasive, there are no electrodes and nothing is being done to the brain. The method involves a brain task while watching a movie. A simple headband measures heat from your forehead (prefrontal area). The program provides feedback to you on when heat is increasing or decreasing in this area of the brain and through this feedback, the brain learns and changes in function. To date, there are no documented risks or negative side effects from pIR HEG Neurofeedback. Clients generally report that they find the task user-friendly and interesting to experience. pIR HEG

Neurofeedback can lead to substantial positive outcomes. When the prefrontal cortex is working well, the brain can regulate itself better leading to positive changes in many areas of life. Of course, there is no guarantee of any particular outcome from services as everyone is different.

## **PAYMENTS AND FEES**

Assessment(s) \$210

Regular sessions \$150

### Patients with In-Network Insurance (Excellus, BCBS, RMSCO)

If we have agreed to bill your in-network insurance directly, you are responsible for letting me know if you have had a change in your insurance coverage. You will need to supply insurance information to my billing service before your first appointment and at any time your insurance coverage changes. In order to bill your insurance company, I have to supply a clinical diagnosis that justifies the service as medically necessary.

### Self Pay

You will be expected to pay full fees for each session at the time it is held, unless we agree otherwise. If we are not billing your insurance directly and you would like to submit a claim to your insurance company for reimbursement for out of network coverage, I will supply you with a professional receipt with all required information. You may only receive partial reimbursement. In order for you to get reimbursement from your insurance company, I have to supply a clinical diagnosis to your insurance company that justifies the service as medically necessary.

## **MISSED APPOINTMENT FEES**

You will be charged **full session rate** for any appointment that is cancelled with less than 24 hours notice. You are required to have credit card on file so that it can be charged automatically in accordance with the policy.

## **OTHER FEES**

My hourly fee is \$200 for other professional services you may need, though I will break down the hourly cost if I work for periods of less than one hour. Other services include report writing, telephone conversations lasting longer than 15 minutes, attendance at meetings with other professionals you have authorized, preparation of records or treatment summaries, and the time spent performing any other service you may request of me. If you become involved in legal proceedings that require my participation, you will be expected to pay for my professional time even if I am called to testify by another party. Because of the difficulty of legal involvement, I charge \$400 per hour for preparation, travel, and attendance at any legal proceeding.

## **CONTACTING ME**

I am often not immediately available by telephone. You can leave a message on my cell phone (315-790-0717). I will do my best to return your call on the same day. If you are in a medical or psychiatric crisis (symptoms feeling out of control/ suicidal or homicidal), you should call 911 or proceed immediately to the nearest ER or the Comprehensive Psychiatric Emergency Program (located at St. Joseph's Hospital, Syracuse NY) for emergency evaluation/ intervention.