2017

Out of My Mind, LLC

Information for Prospective Clients

Thank you for inquiring about my practice in psychotherapy, coaching and nature therapy. Hopefully, this information will help you determine if I am the right resource for you.

Philip Chard

MS in Counseling Psychology

LCSW licensure in Wisconsin

5-years post-master's training in Health Psychology

30+ years experience in psychotherapy/counseling

Certified Hypnotherapist

Trained in Brainspotting

Master Practitioner, NLP

Award-winning newspaper columnist and book author

Leader in the field of Applied Eco-Psychology

Member, Association for Psychological Science (APS)

Practice Location

Psychotherapy/Coaching:	1177 Quail Court, Suite 101 Pewaukee, WI 53072

Psychotherapy/Coaching: My approach blends evidence-based techniques like cognitive-behavioral therapy (CBT) and Brainspotting with non-traditional methods, such as mindfulness, hypnotherapy, dream work and intuitive problem solving. Clients describe working with me as affirming, transformative, enlightening.

Nature Therapy: This unique form of psychotherapy, which I helped create, is an alternative to traditional "talk therapy."

Questions? See FAQs on next page for some answers.

Scheduling: Late afternoon and evening appointments, except for Nature Therapy, which occurs on weekends.

Payment:

Self-Pay Full Rate:	$100.00 per session
Sliding Scale Rate:	$80.00 per session

Insurance: I do not participate in insurance networks. You can submit my charges to your insurer, FSA or HSA.

More Information? Review frequently asked questions on the next page. To schedule a session, contact me at . . .

www.philipchard.com
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262-314-4663

Frequently Asked Questions

How often do you see clients?
It varies widely. Some individuals get what they need in a single visit, while others come in once a week, once a month, or even once a year . . . whatever works for you and your situation.

Why do you give "homework" as part of therapy?
While I do my utmost to make our time together valuable and productive, lasting and positive behavior change requires experiential learning — basically, learning by doing. Consequently, I often recommend that you engage in certain activities in between our visits. This "homework" addresses your unique circumstances and goals. Most of my clients find it very worthwhile.

Do you keep records?
Yes, but only what is minimally necessary. My records are maintained in a secure digital format, encrypted with several layers of password protection. Your confidentiality is critical to me.

How do we keep track of our discussions?
With your permission, I sometimes send a "recap" of a session via email so you can keep track of major points and homework. Also, you have the option to take notes or even audio record our sessions.

Will I receive a diagnosis? *If you want to submit my charges to your insurer, FSA or HSA, they will require a diagnostic code, which I will provide. Otherwise, a diagnosis is not necessary.*

How do I schedule an appointment?
Because I'm a one-person shop, I handle my appointment schedule. You can send me an email, use the contact form on my website, or call my office line. I may be adding online self-scheduling in the future.

Are there forms I need to complete?
Yes, there is one brief form. Before our first visit, I'll send it to you to complete and bring along.

What is your office like?
There are four therapists, each with our own private office. We are all solo practitioners who share an office suite, not a group practice. When you come in, there is a small waiting area. Make yourself comfortable. When it's time for our meeting, I'll come out to greet you.

Why don't you accept insurance?
The administrative burdens are excessive. To protect your privacy and keep my rates low, I operate on a self-pay basis. You set the rate from full ($100 per session) to sliding ($80 per session).

When is payment due?
Payment at the time of service is greatly appreciated. I accept checks, cash and credit/debit cards. If necessary, I can invoice you for later payment.

How do you determine what rate I'll pay?
I have two basic rates: $100.00 per session is my standard self-pay rate. My self-pay sliding scale rate is $80.00 per session. You determine your rate. You tell me which rate you wish to pay (full or sliding), and that's the one we use. No questions asked.

Can I submit your charges to my insurance plan?
Yes. I can provide the necessary paperwork for you to submit your claim on your own, whether to your main insurance plan or to a FSA or HSA.