

Sara Bidler, LMFT

7026 E Fish Lake Rd, Maple Grove, MN 55442

AGREEMENTS FOR MISOPHONIA CONSULTING

THE CONSULTING PROCESS AND SOMATIC EXPERIENCING (SE)

Since you do not reside in Minnesota and my license as a Marriage and Family Therapist is regulated by the state of Minnesota, I am not able to serve in the role of therapist for you (or your child). As a consultant, I can provide you with:

- Information about misophonia.
- Strategies for managing misophonia (including Somatic Experiencing techniques*).
- A safe space for you or your child to talk about the difficult emotions and concerns you have regarding misophonia.
- Guided conversations between partners, parents, and/or other key relationships to promote a shared understanding and management plan.
- Tips for advocating for oneself or one's child at work, school and other public settings.
- Coordinated support if you would like to involve a therapist or other professional in your state.
- Lived experience/understanding as a person with misophonia.

*Somatic Experiencing (SE) is a method for releasing trauma and stress from the body. I use SE to help clients learn how to settle and release physiological activation from the body (i.e. completing the stress response cycle) so they can have more control over their nervous system versus being controlled by it. *Note: I have been learning SE for 4 years and have two days of training left before receiving the title of Somatic Experiencing Practitioner. Those two days will not be offered until the Somatic Experiencing Institute deems it safe/appropriate to provide them in-person, in light of the pandemic.*

To date there is no cure for misophonia. I will provide you or your child with as much information/support as I can during our sessions but it will be up to you/your child to practice and implement the strategies. If your child is unmotivated to implement the suggestions, we can strategize around that. It takes time and trial and error to identify the strategies that work best for you/your child and to establish new ways of being.

I welcome clients of all races, ethnicities, gender affiliations, sexual orientations, socioeconomic statuses and religious beliefs. I will be supportive and also challenging at times. You are encouraged to discuss any concerns, complaints or questions you have with me. I am not the right support for everyone and if it does not seem like the right fit at any point, I can try to connect you with someone else if requested.

APPOINTMENTS AND CANCELLATIONS

I can make a suggestion on how often to meet, but I want each client to decide what frequency and amount works best for their schedule, budget and life balance (which can be modified as we go along). The standard session time is 50 minutes. Sessions will take place via video conferencing. You will receive an email with the link for joining prior to the session.

Clients can sign up for appointment reminders via email or text. If you need to cancel an appointment for any reason, it is necessary to do so 24 hours in advance via phone call (leave a voice message), text (763-458-2654) or email (sara@authenticlivingts.com). Cancellations with less than 24-hour notice or "No Shows" will be charged 50% of the session fee. This is necessary because a time commitment is made to you and is held exclusively for you. If you are late for a session, you may lose some of that session time. If you miss 2 or more sessions without at least 24-hours' notice, I reserve the right to terminate consultation with you.

Should you fail to schedule an appointment for four consecutive weeks, unless other arrangements have been made in advance, for legal and ethical reasons, I must consider the professional relationship discontinued.

FEES

Sessions generally run 50 minutes. If you would like to book a longer session it will be pro-rated on the amount you pay.

Payment can be made by check or credit card. Payment must be provided by the beginning of each session. Receipts can be provided via email. Consulting services are not eligible for insurance reimbursement.

If you choose to pay one session at a time, my fee is \$135 per 50-minute session. I offer a discount when 4 or more 50-minute prepaid full price sessions are purchased at once. If paying by check/cash the discounted rate is \$110/session and for those paying via credit/debit card the discounted rate is \$115/session. Fees are payable at the first of the scheduled discounted sessions and must be used within six months. No refunds will be given for any unused sessions.

I have a limited number of slots available for clients who are experiencing financial hardship or for whom the above fees are not affordable. This must be requested and agreed upon prior to scheduling one's first session or any future sessions (if the hardship occurs after we have started working together).

A \$10.00 service charge will be charged for any checks returned for any reason for special handling. If you require my assistance during a legal proceeding or for legal issues my hourly fee is \$450/hour.

By signing this document, you are agreeing to allow Authentic Living, LLC to store your credit card information online in a secure and HIPAA-compliant database to more conveniently bill for session fees and cancellation fees. You will be notified in person and/or via email/text when a charge is made to your card on file.

LEGAL/ETHICAL GUIDELINES

Both the fact and content of our sessions is confidential and will not be released to a third party without written consent from you, except where required or permitted by law. Exceptions to confidentiality (by law) include: certain court matters; potential danger to self or others; and suspected child, elder or dependent-adult abuse. In order to encourage open sharing of concerns, confidential discussions with kids age 12 and older will be shared with parents only if life-threatening or with the child's consent. Parents will be informed of general topics being discussed and encouraged to join sessions at times

(and/or have their own session). Teens are encouraged to share the content of sessions with parents whenever possible.

COMMUNICATION OUTSIDE OF SESSIONS

If you need to contact me between sessions, you can email me or leave a message on my voice mail. I am often not immediately available; however, I will attempt to return any messages within 24 hours. If a true emergency situation arises, please call 911. As you are aware, electronic communications cannot be guaranteed to be 100% secure. Therefore, I will engage in brief email communications for scheduling or for other specific reasons, but I do not participate in lengthy electronic conversations.

CELL PHONES

Please refrain from using cell phones during sessions. Please note that audio or video recording of sessions is not permitted.

BY CLICKING ON THE CHECKBOX BELOW, YOU ARE STATING:

- I HAVE READ, UNDERSTOOD AND ACCEPT THE GUIDELINES AND POLICIES CONTAINED IN THIS DOCUMENT.
- I UNDERSTAND THE FEES AND AGREE THAT I AM RESPONSIBLE FOR PAYMENT.
- I HEREBY CONSENT TO CONSULTING UNDER THE ABOVE STATED CONDITIONS.

If/when you are added as a client, you will be sent this form electronically for signing.