



Cornerstone Counseling, LLC

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EMDR Intensive Agreement

I completed a consultation with Noël Andrus, LCSW-BACS and determined EMDR Intensive is a good fit for my therapy goals. I have scheduled an initial assessment to be completed prior to my EMDR Intensive Session date(s) under the terms of this agreement.

1. EMDR Intensive Session

An EMDR Intensive Session is a unique approach to trauma therapy. Instead of scheduling weekly sessions for an hour each week, an EMDR Intensive Session allows clients to undergo multiple hours of EMDR therapy in one day or throughout multiple days on a contractual agreement and schedule to address specific issues. Additional sessions and contracts can be established as needed and requested by the client. All EMDR intensive packages require a consultation call and initial assessment to determine if EMDR Intensives are a good fit for you.

2. Initial Assessment

An initial assessment is required to obtain thorough history, assess current needs & identify your goals for EMDR. The initial assessment is not included in your Intensive Package, and can be filed with your insurance.

3. Processing Appointment

The processing appointment is scheduled 2-4 weeks after your initial assessment. This break between appointments allows time for the information to be reviewed and used to create an EMDR treatment plan prior to your processing session. The processing appointment is used to develop resources and for phase 4 work of EMDR, which involves reprocessing your identified target to reduce the associated distress.

4. Session Length & Options

2-Hour Extended Session

3-Hour, Half Day Intensive Session

6-Hour, Full Day Intensive Session

I, the client, agree to an EMDR Intensive session of ____ hours over the course of ____ days.

5. Session Cost/Deposit

2-hour Extended Session: \$250.00 / Deposit: \$125.00

3-hour Intensive Session: \$425.00 / Deposit: \$212.50

6-hour Full Day Intensive Session with 1 hour break: \$850.00 / Deposit: \$425.00

At the time this agreement is signed, I, the client, will pay a non-refundable deposit of half the total cost of the planned Intensive agreement.

The remainder of the payment is due on the first day of service. We aim to provide the highest quality of care. I understand that Insurance companies limit the amount of time we are able to spend in session. This limits the quality of care and progress you can make in each treatment session. Insurance companies also require official diagnosis and are exempt from the rules of confidentiality. I understand that Insurance does not cover the cost of extended or intensive sessions. If I choose to utilize my insurance provider, I am aware that the remaining portion of the contracted agreement for services and the time scheduled is my, the client's, financial responsibility. I realize that I cannot submit the invoice to my insurance company for reimbursement or subsequent payment.

Due to this time being allotted specifically for you, all deposits are non-refundable. I, the client, can reschedule my EMDR Intensive session and the deposit will be applied to the future date of service. Two cancellations of scheduled dates will result in breach of contract and deposit withheld.

6. Termination

Either I or my therapist can cancel this Agreement by providing written notice to the other party. My deposit is non-refundable unless my therapist terminates this agreement due to unforeseen circumstances. If your therapist initiates cancellation of the agreed date of service, you may choose to apply towards another date or request a refund of your deposit.

If, at any point during the Intensive, you or the therapist determines that the intervention is not suitable it will be ended and the client refunded at a pro-rated amount (minus the non-refundable deposit) and no further sessions will be scheduled.

7. Follow up Appointment

A 30-60 minute follow up session is scheduled one week after completion of your intensive session date. This time is used to connect the changes that you have made in your EMDR intensive program to difficult situations you anticipate encountering in the future. This session is not included in your Intensive Package costs and ranges from \$85-\$120 and can be filed with your insurance.

8. No Guaranty

My therapist does not guarantee that the EMDR Intensive provided will lead to any specific form of therapeutic success or specific result. This varies amongst individuals and additional sessions or other treatments may be needed. This will be discussed between you and your therapist and fully assessed during your initial consultation and assessment.

9. Considerations for EMDR Treatment

EMDR has been shown to reduce emotional distress associated with specific events and memories as well as assist in behavioral change. As with all therapy, I understand there is a risk that I will experience intense emotions, and/or that I will make changes as a result of my Intensive EMDR therapy that those around me may not like, even if those changes are good for me. I also understand that distressing, unresolved memories may arise through the use of EMDR. Some clients may experience reactions that the client nor the clinician may have anticipated, including a high level of emotional or physical sensations. Following treatment, the processing of incidents or material targeted may continue. This may happen through dreams, memories, flashbacks, emotions, or physical sensations. Completion of the full EMDR treatment and use of the skills learned to cope with emotional distress, is essential to resolving any of the material that arises in and following sessions. You and your therapist will develop tools to assist with continued processing or strong emotions during and after your session.

10. Limits of Confidentiality

The things I, the client, experience and discuss during my EMDR Intensive are confidential unless: (i) I threaten myself or someone else (ii) I share information about a child being at risk of harm (iii) my therapist is subpoenaed by the courts (iv) my therapist’s licensing body conducts an investigation on my behalf.

11. Emergency Contacts

I have provided emergency contact information on the Intake Questionnaire and I am giving my therapist permission to contact them if she feels this is necessary.

Breaks are provided for full-day (6-hour) intensive sessions. These breaks can be spread out over smaller breaks or one large break. You will be provided with snacks, beverages & a light lunch during your time.

I hope this information is helpful in preparing for your intensive program. If you have any questions about the process or outlined policies, please contact the EMDR intensive provider, Noël Andrus, LCSW-BACS, at 225.998.4035 or noelandrus@att.net. If you agree with these policies, please sign this form and return it prior to your scheduled initial appointment. This agreement must be signed before scheduling your intensive processing date. By signing below I am indicating that I have reviewed this Agreement, and I understand and accept all of the terms and conditions described.

Signature

Name/D.O.B.

Today’s Date