

CONSENT TO TREATMENT

Marram Emily Jane Plapp, MA, Reiki Master
All Is Well Therapy
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Qualifications

At *All Is Well Therapy* I work with adults, and provide therapy to individuals and couples. My education and training lays the foundations for me specializing in the following:

- Individual, relationship, and sex therapy.
- Sexual trauma and counseling survivors of sexual assault and abuse.
- Treating a variety of issues with sexual functioning such as, but not limited to, low sexual desire.
- Female ejaculation education.
- Mindfulness meditation practice and instruction.
- Mindful sex.
- Spirituality within the context of transpersonal psychology. I offer counseling for people undergoing all types of spiritual awakenings, especially through Kundalini, which requires important modifications to the counseling process and unique support for this alchemical transformation.

Even though these are my defined areas of expertise, the breadth of my work as a counselor is far reaching and encompasses an array of issues including, but not limited to, the following: depression; anxiety; self-esteem; breakups; heartbreak; life transitions; grief; loss; shame; guilt; anger; improving communication; resolving conflict; negative thinking; increasing intimacy; emotional regulation; loneliness; isolation; identity; purposelessness; meaninglessness; dreaming; and more.

At *All Is Well Therapy* I also work with adults as a Reiki energy healer. I am a Usui Ryoho Reiki Master & Teacher and offer traditional full length Reiki sessions, incorporate Reiki into counseling sessions if desired, and teach Reiki to those who are interested and feeling the calling.

PLEASE ALSO READ the subsection “Education, Training, & Specialties” on the “About Marram Plapp, MA” page, and the subsection “Areas of Expertise on the “Offerings” page on my website alliswelltherapy.com for more information about my qualifications.

Diagnosis

If a diagnosis is needed I will use the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V). Typically a diagnosis is necessary and most frequently used for health insurance purposes. A diagnosis may also be needed to aid in your treatment process in other ways such as providing a lens to view and understand your situation and tailor your treatment accordingly. In these instances we will discuss this together. PLEASE ALSO READ the subsection “View of Diagnosis & Medication” on the “About Marram Plapp, MA” page on my website alliswelltherapy.com

Scheduling & Length of Sessions

We will discuss and agree upon a scheduling structure that works for you, be it on a weekly, bi-weekly, or monthly basis. The length of sessions is 50 minutes. I also offer the options of scheduling a double or two back-to-back sessions, a session-and-a-half, or phone sessions when needed for your convenience. When possible it works best for me if we can find a consistent and mutually agreed upon day and time to meet.

Cancellation Policy

Please reschedule or cancel 24 hours in advance to avoid being charged the full fee for your session. EXCEPTIONS: I understand life happens and emergencies arise such as a death, illness, and accidents. Emergencies are exempt from the cancellation policy. Also if you contact me less than 24 hours in advance, and you reschedule within the same week, you will not be charged.

Emergencies

In the event of an emergency and you are unable to contact me, please do the following: call 911; go to your local emergency room; engage your personal support system; or go on-line and find and call a hotline number for your particular crisis such as the national suicide prevention lifeline 1-800-273-8255 (TALK)

Payment

Payment is expected after each session unless we agree upon a different payment schedule. My rate for a 50-minute counseling or Reiki session is \$100. Acceptable forms of payment include cash, check, or credit card. Cash is preferred. I do not accept health insurance at this time.

Service Invoices

For health insurance and tax purposes I provide service invoices for you upon request. I ask that you give me enough advance notice to compile this documentation.

Health Insurance

I do not currently work with or accept health insurance. I do accept Health Savings Accounts (HSA). You can also independently investigate on your own whether or not your health insurance would cover my services as an out-of-network provider where you could possibly receive a partial reimbursement after your deductible is met. Having said this, I cannot guarantee your insurance will reimburse you or the amount of your

reimbursement. Also as a courtesy please be aware that when using health insurance a diagnosis would need to be made, and the diagnosis remains on your record. Some people opt not to use health insurance for this reason, and to maintain their privacy, while others prioritize whatever financial reimbursement they can obtain.

The Process of Therapy

There is great hope for solving your problems and improving your situation individually and as a couple through counseling when the right conditions are met. However, being in therapy is not a guarantee that as an individual or couple your situation will improve due to many factors that play a role in the successful outcome of therapy. For example, but not limited to, your readiness for change and your motivation for doing the work needed in and outside of therapy affects the outcome of your therapy. PLEASE ALSO READ “The Therapeutic Journey” page on my website alliswelltherapy.com for more details about the process of therapy.

PLEASE ALSO READ THE NOTICE OF PRIVACY PRACTICES FOR PROTECTED HEALTH INFORMATION (HIPAA)