

CONSENT TO TREATMENT

Marram Emily Jane Plapp, MA, LPC, NCC, Reiki Master, Shamanic Practitioner
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 and Shamanic Practitioner. 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 feel the calling. I am a Shamanic Practitioner who practices Universal Shamanism and offers Shamanic Healings, Soul Retrievals, Power Animal Retrievals, and Extraction Work independent from therapy sessions. If desired, I incorporate Shamanism into therapy sessions.

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 therapy 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/virtual Tele-Therapy 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.

The length of a Reiki session is 90 minutes. The length of Shamanic session is 90 minutes. Reiki and Shamanic work does not have to be done in person, and like therapy can also be done at a distance.

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, barring I have the availability in my schedule, 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 & Rates

Payment is expected after each session unless we agree upon a different payment schedule. My rate for a 50-minute individual or couples therapy session is \$160. Acceptable forms of payment include cash, check, or credit card. I accept only out-of-network health insurance at this time. It is important to check with your health insurance company to verify if your coverage includes this. If you have this coverage and choose to utilize it you still pay in full for your sessions upfront. Upon an agreed

upon schedule I provide service invoices for you to submit to your insurance company for reimbursement. It is important to directly check with your health insurance company beforehand to ascertain if any deductible needs to be met before reimbursement, how much you will be reimbursed, the time it will take to get reimbursed, or if any therapy costs count towards your deductible as I cannot guarantee the specifics of any of these details.

Payment is expected after each Reiki session or Shamanic healing session. My rate for a 90-minute Reiki Session is \$180. My rate for 90-minute Shamanic healings, Soul Retrievals, Power Animal Retrievals, and Extraction work is \$180.

If using credit cards to pay for services, this information is kept on file and destroyed in accordance to best practice standards that protect sensitive financial information.

Please note that each year I assess for the rising costs of living and maintaining excellence in providing mental health care. In an effort to keep my services at the highest standards, I may need to make slight adjustments in my fee structure annually to accommodate rising costs. In addition to providing quality services, my fees ensure that I continue to attend workshops, conferences, and courses that both meet professional requirements for licensure and enhance my training. Before any annual adjustments in my rates are made I give advance written and verbal notice of when these changes will take place, and provide the opportunity to discuss this.

PLEASE ALSO REFER to the “Offerings” page on my website and the subsection “Rates & Insurance.”

Service Invoices

For health insurance and tax purposes I provide service invoices for you upon request, or at a schedule upon which we have mutually agreed. I ask that you give me enough advance notice to compile this documentation.

Health Insurance

I currently only accept out-of-network health insurance. I also accept Health Savings Accounts (HSA) and Flex Spending Accounts (FSA). As stated above in the section “Payment & Rates,” it is important to check with your health insurance company to verify if your coverage includes out-of-network mental health benefits. If you have this coverage and choose to utilize it you still pay in full for your sessions upfront. Upon an agreed upon schedule I provide service invoices for you to submit to your insurance company for reimbursement. It is important to directly check with your health insurance company beforehand to ascertain if any deductible needs to be met before reimbursement, how much you will be reimbursed, and the time it will take to get reimbursed as I cannot guarantee the specifics of any of these details. As a professional courtesy, I like to inform my patients to keep in mind that when using out-of-network health insurance a diagnosis needs to be made, and the diagnosis becomes a part of your medical history. Some people prefer to 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)

PLEASE ALSO READ THE NOTICE OF SURPRISE BILLING PROTECTION RIGHTS