



**Services & Procedures**

The services provided by Jessica Eure, LPC, BCN include various applied psychophysiological interventions, including neurofeedback, LENS, tDCS, and Audio-Visual Entrainment, provided within the context of a trauma-informed psychotherapeutic session which may also include EMDR and other talk therapy techniques interwoven and utilized as needed. These services are offered to people seeking assistance with issues related to life transition, trauma, depression, illness, anxiety, attention, brain injury, and personal growth. An initial intake assessment will be conducted in the first several meetings, after which Jessica will present the client with a treatment plan, or if necessary, recommend a referral to another clinician that she feels will be more appropriate in treating the client. Sessions are either 25 or 50 minutes long. For adults, once weekly 50-minute meetings are typical.

**Qualifications and Theoretical Orientation**

Jessica Eure is a Licensed Professional Counselor (LPC). She holds a Master’s degree in Mental Health Counseling from the University of Virginia, and a BA in psychology from Shepherd University. She has experience in the mental health field in both inpatient and outpatient settings. She co-founded the Virginia Center for Neurofeedback, Attachment and Trauma with Robin Bernhard, LCSW, MEd, after attending the EEG biofeedback comprehensive training offered by EEG Spectrum International, Inc. in July 2004. She has extensive training in neurofeedback and has national certification in neurofeedback (BCN) from the Biofeedback Certification International Alliance. Jessica received training in EMDR in December 2007. Jessica’s approach to counseling centers on postmodern theories of counseling, particularly narrative therapy. The general principles of this approach include viewing the client as the expert in his or her own life and not presuming that there is one ‘true’ reality, as well focusing on the stories that we tell about our lives. Jessica also utilizes Developmental Needs Meeting Strategy techniques & Internal Family Systems theory as well as interpersonal neurobiology into her clinical orientation and work with clients. Developmental Needs Meeting Strategy (DNMS) is a therapeutic approach based on what is known about how a child’s brain develops within a healthy family. It was designed to treat present-day problems that originated with unmet childhood needs. It has also been used to resolve memories of painful physical, emotional, or sexual traumas. Interpersonal neurobiology is an interdisciplinary field incorporates knowledge from anthropology, biology, cognitive science, neuroscience, physics, psychology and systems theory (among other fields) to assist in understanding human experience. Jessica works from a non-pathologizing wellness model of counseling.

**Fees & Services**

Intake Interview	\$135.00
50 minute Session	\$135.00
25 minute Session	\$90.00
Quantitative EEG & Brain Science International Analysis and Report	\$880.00
15 minute Home Trainer Consultation	\$30.00

## In Case of a Mental Health Emergency

In case of an emergency between sessions or outside of regular office hours (after 5 pm weekdays or over the weekend), clients should call **Region Ten Community Services at 434-972-1800** or go to the nearest emergency room. If you have questions between meetings, please feel free to contact the office at (434) 260-8141 or email Jessica at [jessica@virginianeurofeedback.com](mailto:jessica@virginianeurofeedback.com), and a response should occur within 24-48 hours.

## Cancellations

Clients need to notify Jessica of appointment cancellations at least twenty-four hours in advance. If a session is missed without notification, or if the session is canceled with less than twenty-four hours' notice, payment in full will be due for the missed session.

## Benefits and Potential Risks of Psychotherapy

Therapy has potential emotional risks. Approaching certain thoughts and feelings may be painful. Making changes in your beliefs or behaviors can be scary, and sometimes disruptive to the relationships you already have. On the other hand, psychotherapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress, but there are no guarantees of what you will experience.

## Benefits and Potential Risks of Neurofeedback

Neurofeedback has been studied and used in treatment for over 40 years. Some professionals still consider neurofeedback to be new and experimental. Neurofeedback has not yet become a regulated profession. This means that no specific licenses, certifications or permits are required to regulate its use. Jessica has completed necessary training and certification to responsibly use this new tool. There are no guarantees that you will receive all of the benefits without any side-effects. Many clinical studies have been published on some of the uses of neurofeedback while other uses have few or no studies published. I agree to settle any disputes through mediation only. Additional information about neuro- feedback is available upon request from Jessica or from the following websites: International Society for Neurofeedback & Research (<http://www.isnr.org/>), Biofeedback Certification International Alliance (<http://www.bcia.org/>), or EEG Spectrum International (<http://www.eegspectrum.com/>).

## Benefits and Potential Risks of EMDR

Eye Movement Desensitization and Reprocessing (EMDR) methodology is a form of adaptive information processing which may help the brain unblock maladaptive material. It also appears that EMDR may avoid some of the long and difficult abreactive work often involved in the treatment of anxiety, panic attack, post- traumatic stress symptoms (such as intrusive thoughts, nightmares, and flashbacks), dissociative disorders, depression, phobias, identity crisis and other traumatic experiences. Distressing unresolved memories may be surface through the use of the EMDR procedure. Some clients experience reactions during the treatment sessions that neither they nor the administering clinician may have anticipated, including but not limited to, high level of emotional or physical sensations. Subsequent to the treatment session, the processing of incidents and/or material may continue and dreams, memories, flashbacks, feelings. etc., may surface.

Those with limiting or special medical conditions (pregnancy, heart condition, ocular difficulties, etc.) should consult their medical professionals before participating in this therapeutic method. For some people, this method may result in sharper memory, for others fuzzier memory following the treatment. If you are involved in a legal case and need to testify, please discuss this with your therapist.

### Confidentiality and Its Limitations

All information shared in sessions is confidential and will be kept private except the following limits of this confidentiality that the client should be aware of before choosing to agree to participate in psychotherapy or neurofeedback:

1. **Supervision** - In order to provide clients with the best possible service, relevant information regarding cases may be shared with clinical supervisors as needed.
2. **Client Permission** - Clients may give written permission to Jessica Eure to share information with whomever they choose (former clinician, psychiatrist, etc.). This permission can be revoked at any time.
3. **Abuse or Neglect** - Therapists have both an ethical and legal duty to protect children and vulnerable adults if they suspect that person is being abused.
4. **Harm to Self or Others** - Client confidentiality will be breached in the case of imminent danger, which means that a client is believed to be suicidal or has expressed intent to harm another.
5. **Subpoena** - Confidential information must be disclosed if ordered by a court of law.

### Right to Records

Clinical records includes information about the clients reasons for seeking therapy, a description of the ways in which problems affect their life, the goals for treatment, progress toward those goals, medical and social history, treatment history, and any payment records.

Clients may examine and/or receive a copy of their record, except in unusual circumstances that involve danger to client and/or others or when another individual (other than another health care provider) is referenced and we believe disclosing that information puts the other person at risk of substantial harm. In accordance with the Virginia Board of Counseling Standards of Practice, this office will maintain client records for a minimum of five years or as otherwise required by law from the date of termination of the counseling relationship.

At minimum, records of a minor child's records shall be maintained for five years after attaining the age of 18 or ten years following termination, whichever comes later. Terminated files will be digitized and stored in a secure, encrypted, backed-up central storage repository through SpiderOak Data Storage. All paper files will be confidentially shredded after digitization. The digitized files are only accessible to Jessica, but if she is unable to access them to due to illness or death, her colleague, Robin Bernhard, will be provided with access.

## **Complaints and Right to Refuse Services**

At any point, if the client feels that they wish to cease treatment or are uncomfortable with the results or procedure, they will notify Jessica and a final session will be arranged, if needed. If the client is unhappy with what's happening in session, please communicate this with Jessica so she can respond to any concerns.

## **Cancel When You're Sick**

If you have a fever or an infectious sickness, even a common cold, that is good reason to postpone your appointment. You may be contagious, especially in the first stages of a cold or flu. This is usually when you are feeling the worst, when you are coughing and sneezing frequently.

The more you limit your contact with others the less you will spread it around. Studies show that you can transmit a cold or flu to others one or two days before your symptoms appear, and up to five days after first being exposed to the virus. According to the National Institutes of Health (NIH), colds are most contagious two to four days after original exposure, when there is plenty of the viruses present in nasal secretions.

Even if you cannot provide the 24 hour notice requested by Jessica to avoid a missed session fee, please cancel and Jessica will waive any fees. To cancel because of illness, contact Jessica as soon as possible before your scheduled appointment.

## **Book Loans and Equipment Rentals**

Jessica is happy to loan out books from her library, and by signing the informed consent, the client understands that the cost of a replacement book of the same title will be charged to the client's account if the book is not returned within 30 days of requested return date. The EmWave hand-held heart biofeedback device can be rented from Jessica for the cost of \$15/week. The full cost of replacing the device (\$169, as of Jan. 2013) will be charged to the client's account if the device is not returned within 30 days of requested return date.



Payment is due at the time of services in full unless you have arranged with Jessica to pay a monthly statement that is due at the time of receipt. Clients may choose to receive their monthly statement via email or postal service. Jessica accepts cash, check, and credit cards (Visa, MasterCard, Discover and American Express) or through Intuit PaymentNetwork (link provided on your invoices). It is the client's responsibility to review their invoices promptly and bring questions or concerns to Jessica or Ellen's attention (see 'Billing Information' on the Informed Consent to Treatment document for more information).

### **Late Payment Policy**

If paying by monthly statement, the statement amount is due at the time of receipt. The amount is considered past-due after the date of receipt. If the monthly statement balance has not been remitted in full by 30 days past-due, Jessica will not schedule further appointments with the client until the past due balance has been paid.

### **Insurance**

Jessica is not a preferred provider with any insurance companies. She does not file insurance paperwork for clients, and she does not accept any insurance that does not permit the client to self-file, or that requires updated reports or filing from Jessica.

Neurofeedback is considered experimental by most insurance companies at this time. If a client chooses to attempt to self-file with their insurance company for partial or full reimbursement for Jessica's services, it is completely the responsibility of the client to communicate with their insurance company. Jessica will provide requested information and statements to assist the client, but is not obligated in any way to participate in insurance claims.

The following are codes that may be appropriate for a client depending on the services they will be receiving: 90901 (any modality of biofeedback) or 90837 (can only be used if receiving psychotherapy) or 90876 for a combination of talk therapy and neurofeedback. These codes will be listed on invoices. It is recommended that clients who would like to self-file for insurance reimbursement should call their insurance company beforehand and find out if any of the above codes are acceptable - it should be noted that most insurance companies DO NOT reimburse for neurofeedback. If one or more of the CPT codes listed above is acceptable, the insurance company may require that the insured has a specific diagnosis before approval or reimbursement.

**It is the client's (or client's legal guardian's) responsibility to pay in full and directly to Jessica Eure for all fees incurred from sessions with Jessica. If any type of collection process is necessary to satisfy the client's account, the client (or client legal guardian) will be responsible for the incurred expenses including, but not limited to, attorney's fees and court costs.**