

# Out of My Mind, LLC

## Information for Prospective Clients

Thank you for inquiring about my practice in psychotherapy, counseling, coaching and nature therapy. Hopefully, this information will help you determine if I am the right resource for you.



### Practice Locations

Psychotherapy/Counseling: 1177 Quail Court, Suite 101  
Pewaukee, WI 53072

Nature Therapy: Natural setting in a park or  
wild area of our choosing

**Psychotherapy:** My approach blends science-based techniques with intuitive and non-traditional methods. Clients describe working with me as affirming, transformative and eye opening. To reduce the number of sessions and your costs while also encouraging self-reliance and resilience, I give “homework” between visits.

**Nature Therapy:** This unique form of psychotherapy, which I helped create, is an alternative to traditional “talk therapy.”

**Scheduling:** Late afternoon and evening appointments, except for Nature Therapy, which is generally scheduled on weekends.

### **Payment:**

Usual Fee: \$100.00 per session

Sliding Scale: \$80.00 based on financial need

Payment: I do not bill insurance. If you want to submit my charges to your health plan, HSA or FSA, I will provide needed forms. You can arrange a payment plan, if necessary. I do accept credit/debit cards.

### Philip Chard

MS in Counseling Psychology  
LCSW licensure in Wisconsin

5-years post master's training in  
Health Psychology

30+ years experience in  
psychotherapy/counseling

Certified Hypnotherapist

Master Practitioner, NLP

Award-winning newspaper  
columnist and book author

Leader in the field of Applied  
Eco-Psychology

Member, Association for  
Psychological Science (APS)

Work with individuals, couples  
and families



For more information, review frequently asked questions on the next page. To schedule a session, contact me at . . .

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# FREQUENTLY ASKED QUESTIONS

## **How often do you see clients?**

*It varies widely. Some individuals get what they need in a single visit, while others come in once a week, once a month, or even once a year . . . whatever works for you and your situation.*

## **Why do you give “homework” as part of therapy?**

*While I do my utmost to make our time together valuable and productive, lasting and positive behavior change requires experiential learning — basically, learning by doing. Consequently, I often recommend that you engage in certain activities in between our visits. This “homework” is tailored to you and your unique circumstances and goals. Most of my clients find it very worthwhile.*

## **Do you keep records?**

*Yes, but only what is minimally necessary. My records are maintained in a secure digital format, encrypted with several layers of password protection. Your confidentiality is critical to me.*

## **How do we keep track of our discussions?**

*With your permission, I sometimes send a “recap” of a session via email so you can keep track of major points and homework. Also, you have the option to take notes or even audio record our sessions.*

## **Will I be given a diagnosis?**

*That’s up to you. If you want to submit my charges to your health plan, FSA or HSA, they may require a diagnostic code, which I will provide. Otherwise, it’s entirely your call.*

## **How do I schedule an appointment?**

*Because I’m a one-person shop, I handle my appointment schedule. You can send me an email, use the contact form on my website, or call my office line. I will be adding online self-scheduling in the near future.*

## **Are there forms I need to complete?**

*Yes, there are two very brief forms. Before our first visit, I’ll send them to you to complete and bring along.*

## **What is your office like?**

*There are four therapists, each with our own private office. We are all solo practitioners who share an office suite, not a group practice. When you come in, there is a small waiting area. Make yourself comfortable. When it’s time for our meeting, I’ll come out to greet you.*

## **Why don’t you accept insurance?**

*By declining insurance I can better protect your privacy and keep my overhead low. This allows me to reduce my per-session charges to well below usual and customary rates in our area.*

## **What about payment?**

*Some folks pay at the time of their visit, while others wait until receiving an invoice. It’s your choice. Individuals on tight budgets are free to set up a payment plan to spread out the cost over a longer period of time.*

## **How do you determine what rate I’ll pay?**

*I have two basic rates: \$100.00 per session is my standard rate. I charge \$80.00 per session for those whose finances are more limited. Either way, you determine your rate. You tell me which rate you are prepared to pay, and that’s the one we use. No discussion is necessary.*

## **Will I be charged if I have to cancel an appointment?**

*No. I simply ask that you give me as much advance notice as possible. There may be another person who is waiting for an earlier time slot if one opens up.*