

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. Questions? See the next page for some answers.

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:

Self-Pay Rate:	\$100.00 per session
Sliding Scale Rate:	\$80.00 per session
Insurance Plan Rate:	\$140.00 per session

Payment: I do not participate in insurance networks, so if you wish to use your insurance, it will be “out of network.” I accept credit/debit cards and payment plans.

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

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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



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? *If you want to use your insurance or submit my charges to your FSA or HSA, they will require a diagnostic code, which I will provide. If you self-pay, a diagnosis is not necessary.*

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. If you wish to use your health insurance, I’ll need a copy of your insurance card or information.

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 belong to insurance networks?

The administrative burdens are excessive. To protect your privacy and keep my rates low, I prefer to operate on a self-pay basis, but I realize this isn’t workable for everyone.

What about self-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 three basic rates: \$100.00 per session is my standard self-pay rate. I charge \$80.00 per session for those who self-pay but require a lower rate. For those using insurance, the rate is \$140.00 per session. You determine your rate. You tell me which rate you wish to pay, and that’s the one we use.

What about the portion of your charges that insurance does not cover?

Insurance plans vary on how much they will pay for certain services, particularly by out-of-network providers. You are responsible for whatever portion of the charges your insurer does not cover.