

## **Jennifer McMillan, LMFT, LMHP**

971-266-3840 | jenmcmillan.org | 418 NE 4<sup>th</sup> Ave., Suite 103, Camas, WA 98607

### **SERVICES, COSTS & POLICIES**

#### **Individual & Family Therapy**

As a family therapist, I'm accustomed to working with a variety of family dynamics, each with their own unique strengths and challenges. I provide individual counseling and family therapy for your one-of-a-kind unit.

#### **Parent Coaching**

I provide parent coaching, mindfulness training, and psycho-educational sessions to address your specific needs. Coaching is not traditional counseling and if traditional therapy is needed, I will gladly help you with an appropriate referral.

#### **Workshops for Parents & Teens**

I've facilitated a variety of workshops including those on the adolescent brain, anxiety and worry, yoga and mindfulness, stress-reduction, self-esteem building, social skills development, and parenting.

#### **Workshops for Schools & Groups**

I've presented on numerous topics, such as mindful parenting, stress-reduction strategies, learning differences (including ADHD and giftedness), anxiety, the impact of electronics on the emotional brain, trauma and attachment, and asset development for school personnel. Call today for topics, rates, and timing.

#### **School Consultation**

With over 20 years' experience working with/within a school system, I'm a strong advocate for collaborating with schools to help your child be more successful in his/her school environment. This may include participation in school meetings in which we discuss special education services, 504 development, or helpful accommodations needed at school.

#### **Cost**

- Initial Phone Consultation, 15 minutes – FREE
- Individual & Family Therapy, 50 minutes – \$140.00/session
- Parent Coaching, 50 minutes – \$140.00/session
- Workshops for Parents & Teens – Cost to be determined
- Workshops for Schools & Organizations – Cost to be determined
- School Consultations – \$140.00/visit

I will gladly provide a receipt for you to submit to your insurance company or flexible spending account for reimbursement. Please contact me to discuss details of your specific insurance benefits and coverage for my services.

## **Policies**

### **Cancellations & Rescheduling**

Cancellations/rescheduling are necessary at times. I ask that you please give 24 hours' notice for cancellations/rescheduling.

If you are unable to give 24 hours' notice, you will be charged for the full appointment (\$140).

### **Payment & Insurance Coverage**

Payment is collected at the time of the appointment. Cash or check are preferred. Upon request, I will gladly provide a receipt for you to submit to your insurance or flexible spending account for reimbursement.

### **Confidentiality & Privacy**

I follow all HIPPA requirements and will not share any information without written consent.

## **PROFESSIONAL DISCLOSURE STATEMENT**

Credentials and Licenses:

- Master's Degree in Marriage and Family Therapy (MS) from Seattle Pacific University
- Licensed Marriage and Family Therapist since 2001; Washington State License number LF 00001870
- Licensed Mental Health Practitioner since 2000; Washington State License number LH 00005659

My signature indicates that I have read and that I understand the information contained in this form.

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Client/Guardian

Date

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Jennifer McMillan LMFT, LMHP

Date