

Training:

- I hold a Master of Science degree (M.S.) in Music Therapy from Radford University located in Radford, Virginia.
- I received my Master of Science Degree in June of 2007.
- The Music Therapy Master's program that I completed was rooted in counseling theory and practice.
- I completed the highest level of advanced training in the Bonny Method of Guided Imagery and Music (GIM) on 6/1/2018. This training is designed as a post grad, 1500-hour, 3-year commitment and affords me the credential of FAMI (Fellow of the Association for Music and Imagery).
- Since 2018, I have been an apprentice trainer for GIM with Atlantis Institute for Consciousness and Music.
- I attended the first level of training in Eye Movement Desensitization Reprocessing (EMDR) in 2018, endorsed through EMDRIA.

Certification/Licensure

- I am a Board-Certified Music Therapist (MT-BC), which is recognized and maintained nationally through the Certification Board for Music Therapists (certification # 05749).
- I am a Fellow of the Bonny Method of Guided Imagery and Music, which is endorsed by the Association of Music and Imagery.
- While many states do recognize and endorse Licensure for Music Therapists, North Carolina does not. If/when this legislation passed, I hold all necessary qualifications to be licensed, based on my education.
- If you have a complaint that you feel is unresolved, regarding the Ethical Code for the American Music Therapy Association (AMTA), you may submit this complaint to: Certification Board for Music Therapists, 506 E. Lancaster Ave, Suite 102 Downingtown, PA 19335, Phone: 610-269-8900, or Email: info@cmbt.org.

Experience:

- I have worked as a music therapist since 2000 in agency, community mental health, school, and hospice settings.
- Since completing my graduate degree in 2007, I have worked in similar settings as a music therapist providing psychotherapy focused on mental health/wellness.
- From 2007 up until 2018, I maintained a private practice where I offered GIM as an advanced level associate. In 2018, I completed the highest level of training in GIM and have continued to provide that modality in private practice.

Techniques/Procedures:

- I specialize in depth-psychology techniques. The theoretical orientations that I most closely identify with are Jungian, Existential-Humanistic, Internal Family Systems, Gestalt, and Solution-Focused.
- As a board-certified music therapist, I apply a variety of music psychotherapy and verbal processing approaches, tailored specifically to the unique needs and goals of each client.
- I integrate and work with all domains of functioning, including: cognitive, social, emotional, spiritual, physical.

Length of Session:

- Full-length GIM sessions are 85 minutes.
- Verbal Processing and EMDR sessions are 55 minutes, or can be extended to 85 minutes.

Super Bills:

I do not diagnose mental health concerns and therefore, am not typically able to provide Super Bills. I am happy to provide you with an invoice/list of service dates upon request, for compensation purposes or for your records.

I understand that Lara does not diagnose mental health concerns and therefore cannot typically provide Super Bills.
_____ (Initial)

Confidentiality:

- All of the information that is exchanged between client and music therapist is held strictly confidential except under the following conditions, in which confidentiality may be broken:
 - If you pose a danger to yourself or others,
 - If there is a reasonable suspicion of abuse or neglect of either a child or a dependent elder.
 - If a court of law issues a legitimate order for your client records.

I understand that Lara is a GIM trainer and that she might use pieces of my imagery while teaching or presenting in a training environment. I understand that such information will be altered to make it anonymous, while maintaining the integrity of the content and process of the Guided Imagery and Music session. I also understand that I can request my imagery not be shared at any time.
_____ (Initial)

GIM Awareness/Permissions

I understand that GIM is a technique that can induce an altered state of being and that I might experience visual imagery and/or heightened sensory awareness. I have shared any physical or psychological issues that might have an impact on my experience, to the best of my knowledge.
_____ (Initial)

I understand that GIM is a somatic and experiential therapy. For in-person sessions, I am open to the use of therapeutic props (e.g., pillows, blankets) and professional, physical support, used only when appropriate to anchor or support a felt somatic experience.
_____ (Initial)

Telehealth Awareness/Permissions:

I understand that there are potential benefits and risks with using technology assisted care. Benefits include ease of access and participating from a private location of your choice. Risks include potential interruptions and technical difficulties.
_____ (Initial)

I understand that our sessions will take place in HIPAA compliant secure video sessions through Zoom, a third party interface, to which Lara is not otherwise affiliated. I agree to use this interface. Lara will maintain the highest provided security measures including password protected and waiting room features to ensure privacy.
_____ (Initial)

I agree to always have a back-up phone charged and available should we become disconnected through Zoom. If Lara is unable to reach me in the event of a disconnection, I understand that she will contact my emergency contact or other local emergency services in order to ensure my safety, as needed.
_____ (Initial)

Cost of Session:

- Each 55-minute session will cost \$150 unless otherwise negotiated
- Each 85-minute session will cost \$215 unless otherwise negotiated.
- Each 30-minute check-in session will cost \$85 unless otherwise negotiated.
- Cash, checks, and credit cards are accepted. Payment for therapy is expected at your scheduled appointment.

No Show/ Cancellation Policy:

- I ask that clients notify me by email or phone as early as possible to cancel or re-schedule. This allows me time to offer the spot to someone who might be waiting for an opening.
- If a client cancels within 24 hours of their scheduled appointment, a fee equal to 50% of their session cost will apply.
- If a client does not show-up for their scheduled appointment, the full session cost will apply

I understand that my credit card on file will be charged 50% of my session fee if I cancel within 24 hours of my scheduled appointment.

_____ (Initial)

I understand that my credit card on file will be charged the full cost of my session if I don't show up for my session.

_____ (Initial)

Client's Printed Name

Client's Signature

Date