

**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 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). In 2018, I began the process of becoming a trainer in this method, and am currently an apprentice trainer, endorsed by the Atlantis Institute for Consciousness and Music.
- I attended the first level of training in 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.
- I have integrated the Bonny Method of Guided Imagery and Music into my practice since 2007, first as an Advanced Level Associate, and then upon completing my advanced training in 2018, as a Fellow.

**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 techniques/approaches to match the specific needs of each individual client. I integrate and work with all domains of functioning, including: cognitive, social, emotional, spiritual, physical.

**Length of Session:**

- Full length Bonny Method of Guided Imagery and Music Sessions are 85 minutes.
- Verbal Processing and EMDR sessions are 55 minutes, or can be extended to 85 minutes.

**Diagnosis:**

I do not diagnose mental health concerns and, therefore, am not able to provide Super Bills.

**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.

\_\_\_\_\_(Initial) I understand that Lara is a Guided Imagery and Music 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 anonymous, while maintaining the integrity of the content and process of the imagery session.

**GIM Awareness/Permissions**

\_\_\_\_\_(Initial) I understand that Guided Imagery and Music 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.

\_\_\_\_\_(Circle *Yes* or *No* and Initial) While working in-person are you open to physical interventions, which are used sparingly and can involve physical touch or the use of props such as pillows/blankets?

\_\_\_\_\_(Circle *Yes* or *No* and initial) I give permission for transcripts and summaries of my GIM sessions to be used in teaching/training provided by Lara McKinnis. I understand that such information will be altered to protect my anonymity and that no identifying personal details will be shared in the process.

**Telehealth Awareness/Permissions:**

\_\_\_\_\_(Initial) 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 McKinnis is not otherwise affiliated. I agree to use this interface. Lara McKinnis 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 during GIM or EMDR. If Lara McKinnis 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.

**Cost of Session:**

- Each 55-minute session will cost \$135 unless otherwise negotiated
- Each 85-minute session will cost \$195 unless otherwise negotiated.
- Each 30-minute check-in session will cost \$75 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 at least 24 hours prior to a scheduled appointment to cancel or re-schedule.
- 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.

\_\_\_\_\_ (Initial) I understand that my credit card on file will be charged 50% of my session cost if I cancel within 24 hours of my scheduled appointment and that my credit card on file will be charged the full cost of my session if I don't show up for my session.

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(Client's Printed Name)

(Client's Signature)

(Date)

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(Lara McKinnis, MS, MT-BC, FAMI)

(Date)