

## **Professional Disclosure Statement - Lara McKinnis, MS, MT-BC, FAMI**

### **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).
- 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.
- Since 2007 up until 2018, I maintained a private practice where I offered the Bonny Method of Guided Imagery and Music as an advance level associate. In 2018, I completed the advance training in the Bonny Method of Guided Imagery and Music 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 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.

### **Cost of Session:**

- Each 55-minute session will cost \$125 unless otherwise negotiated
- Each 85-minute session will cost \$175 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 on the day of your scheduled appointment.

**Diagnosis:**

- I do not diagnose mental health concerns.

**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 does not contact me within 24 hours prior to a scheduled appointment to cancel or re-schedule, then that client is responsible for paying a \$50 cancellation fee for the missed session.

\_\_\_\_\_ (Initial) I understand that my credit card on file will be charged \$50 if I cancel within 24 hours of my scheduled appointment.

**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.

**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?

**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.

---

(Client's Printed Name)

(Client's Signature)

(Date)

---

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

(Date)