



Lifetime Development

Office Policies & Fees

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Dear Prospective Client:

Thank you very much for your interest in the services available at Lifetime Development!

Office Hours: 9:00 am – 5:30 PM, Monday through Thursday, Saturday mornings, and occasional evenings.

Services Provided: We are a brain based psychological service providing psychotherapy informed by psychodynamic, cognitive behavioral, and humanistic interventions and neurofeedback supported by EEG and peripheral systems biofeedback. To accelerate positive changes, breathwork, mindfulness, wellness coaching, Thought Field Therapy, frequency balancing (e.g., with the SOTA, the biomodulator, the Alpha Stim, scaler light); calming and energizing with infrared light (the Auragen device) or light stimulation (DAVID paradise glasses) and others. We also make available the Res-per-ate, Heartmath, Healy, Safe and Sound Program, the SR-1 sleep device and auditory retraining programs including the Wave and Focus programs.

Assessment: Our assessment services and referrals are comprised of psychological and cognitive testing, reflex, and sensory diagnostics, brain mapping, and screening for ADHD. .

Fees: An initial consultation lasting between 1½-2 hours, is \$500. This includes a written summary of recommendations following the consultation. Dr. Stratton's clinical time is charged at the rate of \$300 per 50 minutes. When a licensed colleague of Dr. Stratton's provides biofeedback/neurofeedback and other services, the 50-minute session fee is \$200. Services of a supervised technician are \$175/hour. Testing fees vary according to the test or battery of tests individually selected for each client. Full batteries are expertly outsourced.

Brain maps, also known as qEEGs, are \$1500. The brain mapping available at Lifetime Development is highly advanced and singular (see *Kaiserneuromap.com* for overview and explanation). Much of the brain map cost is covered by good insurance.

Insurance: In order to maintain the full scope of options for clinical decision making, Dr. Stratton serves on no insurance panels except for Medicare, the program that benefits older adults and the disabled. Nevertheless, as a courtesy to all our insured clients, we submit claims for insurance reimbursement to their carriers on their behalves. Our experience is that reimbursements generally reach the patient within ~4 weeks of the claim date.

Payment is due at the time of service regardless of insurance status.

Dr. Stratton will not release date, service type, diagnosis, and charge records to insurance carriers without the patient's direction and signature on a copy of this document. This directs staff to make claims and respond to carrier inquiries, although grievances must necessarily be handled by the contractee.

Appointments Changes and Late Cancelations: Appointments in our practice are typically difficult to get. Consequently, unless we are able to schedule another patient during a missed or late cancelled appointment time (which we attempt to accomplish for everyone's benefit), a \$75 cancellation fee applies. **Changes need to be made no later than 3 business days (at least 72 hrs) in advance of a missed or changed appointment in order not to incur this fee.** For patients with regular appointments, a third late cancellation event will trigger a full session fee. This is the policy even in the event of sudden illness.

Communicating with the Office and with Dr. Stratton. Telephone messages are guaranteed to be picked up twice per day on business days. If your message is time sensitive or quite urgent, kindly also use an additional form of communication-- text or e-mail--to increase the chance that your information will reach us within 1-3 hours during the business day. Please note that without acknowledgement of receipt, communication will not be complete.

Kindly use the office phone number, which is 925-462-2123, not Dr. Stratton's mobile phone even if you have it.

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Fee Reductions: Regrettably we are unable to reduce the initial consultation fee. However, if you wish to be placed on a waiting list for ongoing reduction in session fees, kindly speak to Dr. Stratton in person during your first meeting. We offer fee reductions for 2 challenged families or individuals in our practice at any given time. The number of sessions available at reduced fees without review, including testing, is limited to 20.

Sensory Issues & additional physical & physiological issues: Regrettably in this generation many children and adults present to us with sensory processing, sensory integration, primary reflex, biomedical issues and other complex conditions. For this reason, our work is often supplemented by referrals to a specialized physical therapist who is expert in primary neurosensory motor reflex work, an auditory specialist for auditory processing challenges, a developmental optometrist for visual processing evaluations, and a functional physician, naturopath, or osteopath following a first visit.

ADHD and Neurofeedback Assessment: Baseline ADHD testing minimally consists of two versions of the *Test of Variables of Attention* (TOVA) - 1 visual and 1 auditory. This test serves as a baseline neuropsychological screening for all our neurofeedback work and is also an essential component of a formal ADHD evaluation (for which up to 6 additional evaluation tools may be required as well). Testing decisions are usually determined during the first 1 or 2 appointments at the time a provisional treatment plan is devised.

The charge for each TOVA test is \$150, which is reduced to \$125 each when both versions (visual and auditory) are administered during a 2-week period. Re-testing to gauge neurofeedback progress occurs at 20-24 sessions at a rate of \$100 for each additional test. Charges for other tests of varying complexity and administration/scoring time are provided in a separate document upon request.

Court Appearances: Forensic psychology is a specialization within the general field of psychology. Dr. Stratton has had some coursework and training but not enough to qualify as a forensic expert witness.

Without sufficient preparation for masterfully dealing with the legal system, if subpoenaed, her testimony (deposition or court appearance) may not be optimally helpful. Consequently, any other forensic work performed under subpoena will require supervision, which entails additional cost for extra time and payments to a supervising forensic expert. If you believe that Dr. Stratton's involvement in a particular case would warrant her being compelled by court order to support your interests, her charges must cover suspension of her practice for the duration of her testimony plus travel and court time. In this case, do be fully aware that her regular hourly rate of \$225/hour per this disclosure and will also apply for travel time, waiting time, and time for testimony in addition to any supervision costs noted above. Kindly consider this (and definitely inform your attorney) before authorizing any legal demand.

A \$1000 deposit for involvement in legal proceedings will be requested in advance of any court proceeding. This \$1000 fee must be paid prior to any required appearance with additional charges due immediately post trial.

Paperwork on the Patient's Behalf: There will be a pro-rated fee of \$100/hour for writing letters and reports; filling out lengthy or complicated forms; authorized research; creating documents related to treatment plans we are requested to send outside the office; for developing school and testing accommodations requests; and for any other extensive paperwork beyond regular appointment times.

Messages: We aim to return emails and phone calls no later than the ff. day before 9 PM unless received on a Friday or holiday when the office is closed. In such cases calls and messages will be acknowledged after the weekend/holiday.

Confidentiality: All information provided will remain confidential, except where required by law or insurance carrier (*e.g.*, suspicion of child abuse, threat of bodily harm to self or other, or if medical records are subpoenaed during legal proceedings). With your direction and with written permission only, we will communicate with designated third parties about your treatment at Lifetime Development.

I have read this form and understand that I may have a copy upon request.

Date _____

(patient, parent, or guardian)

Emergencies: Please do not delay in calling 911 or proceeding to the closest hospital ER in emergencies. Do not leave emergency messages on either the office voice mail or on Dr. Stratton's mobile line.

