




SERVICES GUIDE

Miranda Rohe, LCSW



hello

www.mirandarohelcsw.com

Miranda Roche, LCSW

FREE 15 MINUTE CONSULTATION CALL

This initial meeting will help us determine if we are a good fit. You will have the opportunity to ask questions and decide if I'm the right therapist for you.

INITIAL ASSESSMENT

During your first appointment, you will get to know your provider, while beginning to tell your story. We will discuss treatment options and the schedule that is right for you.

\$150

EMDR THERAPY

Eye-Movement Desensitization and Reprocessing. Sessions are typically held weekly for 60-90 minutes. The length of treatment varies by individual need but is typically scheduled between 4-12 weeks.

\$150-\$225

PERSON-CENTERED PSYCHOTHERAPY

Psychotherapy sessions are offered for clients who are: not interested in EMDR, those who are not a candidate for EMDR, and those in the preparation and check-in stages of EMDR. The typical session length is 45 minutes.

\$110

note: all price estimates are listed per session
Sessions are billed at \$150/hour



EMDR THERAPY

What is EMDR Therapy?

Eye-Movement Desensitization and Reprocessing Therapy is a powerful therapeutic technique that uses bi-lateral stimulation to facilitate the reprocessing of traumatic memories.

Originally developed for the treatment of PTSD, EMDR therapy has since been shown effective in treating conditions including anxiety, panic, depression, and acute trauma.

EMDR therapy aims to heal trauma and reduce or eliminate the physical and psychological responses that result from traumatic experiences.

SAMPLE SCHEDULE

- Initial Assessment (\$150)
- 1-4 preparation sessions (\$110)
- 4-12 weekly EMDR therapy sessions (\$150-\$225)
- 1-2 post-EMDR check ins (\$110)

Note: Scheduling varies by individual and may change through the course of treatment to meet client needs.





EMDR THERAPY

Frequently Asked Questions

What is Bi-lateral stimulation (BLS)?

Within EMDR therapy BLS refers to the eye movement, sound, or tactile stimulation used to facilitate processing. In our practice, we use a light bar, headphones, a web-based app, and tappers as BLS tools. We will work together to determine which of these options works best for your needs and preferences.

What is the experience of EMDR therapy like?

During an EMDR session, a variety of emotions and memories may come to the surface. You may find your mind moving from memory to memory quickly. Some clients report that it feels similar to daydreaming or having their minds wander during meditation. Your provider will stop BLS periodically (typically every 30-60 seconds) to check in with what you are experiencing.

Is it hypnosis?

No, EMDR therapy is not hypnosis. During EMDR therapy sessions disassociation is not intended and grounding techniques are continuous.

What can I expect between sessions?

EMDR therapy is a powerful process. As such, it can be a very intense experience. We build several coping skills and use screening tools to ensure readiness before we begin processing. We close each session with an exercise to return to a state of calm, but it is possible that your mind will want to continue to process between sessions. Before processing, we will work together to create a plan for coping with this possibility.

Why do we need to meet weekly?

I understand that weekly appointments can be difficult to maintain. For EMDR processing this is important because we are actively working on trauma. We do not want to "stir things up" and leave you to sit with trauma for weeks between sessions. Trauma work can be a difficult and exhausting process, our goal is to get through it quickly and reduce discomfort. We can meet more than once a week if you prefer, but we want to avoid meeting less often than once a week.

*appointments may be less frequent during preparation and check in phases.



EMDR THERAPY

Frequently Asked Questions

Is EMDR therapy available via telehealth?

Yes, EMDR therapy is available via telehealth. We are able to provide EMDR therapy throughout NYS using our secure platform. During a telehealth EMDR therapy session, a web-based application is used to facilitate eye movement and audio stimulation. A computer (not a smartphone) is required for telehealth EMDR therapy. This is because a phone screen is not large enough to provide the range of motion needed to facilitate processing. Headphones are required to use the audio BLS feature. I recommend opening your telehealth meeting on your phone, and the BLS on a laptop/desktop.

How long will EMDR therapy take?

Most clients participate in EMDR therapy for 4-12 weeks of processing. However, therapy is an individualized process and response to treatment varies significantly by individual and circumstance. While we can give you an individualized estimate at assessment, please note that individual response to treatment is not always predictable. Some people move very quickly through this treatment, others need more processing time. We will continuously assess throughout treatment and add or reduce sessions as needed. See the sample timeline on page 3 for an idea of what this might look like. **Most clients do find some relief by their fourth session.**

*between preparation, processing, and termination please expect to spend at least 8 weeks in treatment.

Am I a candidate for EMDR therapy?

EMDR therapy is not right for everyone. We will not initiate EMDR therapy with clients whom we feel are not appropriate for this treatment. Before EMDR processing we will go through a thorough biopsychosocial assessment. This will help us determine risk factors, support systems and coping skills in place, and contraindications. It is possible that you will not be eligible for treatment at this time but may be at a later date. EMDR therapy is not appropriate when significant life changes are occurring or when there are active or recent safety concerns. We will openly discuss your options with you at your assessment.



PRACTICE INFORMATION



Miranda Rohe, LCSW

Licensed Clinical Social Worker
EMDR Therapist

Miranda Rohe, LCSW is a Licensed Clinical Social Worker in New York State.

She currently provides therapy services via telehealth and in-person at her office in Gouverneur, NY.

Miranda specializes in EMDR therapy to reduce the impact of trauma on quality of life and functioning.


She works primarily with adults who have experienced childhood trauma that has impacted their current wellbeing.


 www.mirandarohelcsw.com

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 [@mirandarohelcsw](https://www.instagram.com/mirandarohelcsw)

 miranda@mirandarohelcsw.com

 Phone: 315-753-8710 (Inquiries Only)

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 264 West Main Street Gouverneur, New York 13642

Miranda Rohe, LCSW | Lightwork EMDR Therapy

Out-of-Network Fact Sheet

Fee Schedule for Current Clients of Miranda Rohe, LCSW	
60-minute session (CPT code 90837) (Often used for EMDR Sessions)	\$150
45-minute session (CPT code 90834)	\$110
Initial Assessment (CPT code 90791)	\$150
Billing Practices	
Payment is due at the time of service. The building of a balance could lead to financial stress for clients, to avoid this I do not allow sessions to continue until payments are up to date.	
All clients must have credit card on file to book an appointment. Autpay is available if preferred.	
I do not submit claims on your behalf.	
If you would like to utilize your insurance benefits, you will be responsible for submitting claims and collecting reimbursement directly from your insurance provider.	

What to expect for reimbursement (i.e. the portion insurance will cover) when working with an out-of network provider:

Only your insurance customer service representative will be able to answer this question precisely. However, below I have done my best to lay out three potential answers to this question.

- A. You cover the cost of therapy yourself, submit a receipt (Superbill) to your insurance carrier, ask for reimbursement, and get a significant portion of the fee covered.
- B. Employer provides an HSA or flexible spending account which you can use to cover the cost of therapy services, or whatever portion is not covered by your health care benefit.
- C. You cover the cost of therapy yourself, submit a receipt (Superbill) to your insurance carrier, ask for reimbursement, and due to your specific plan your insurance carrier does not reimburse you, or only reimburses you for a small amount.

Call the customer service number on the back of your card to find out the precise amount your unique plan will cover for each therapy service.

Tip Sheet: Preparing for a Phone Call with your Insurance Carrier This document is meant to be an informal guide in helping you maximize a conversation with your insurance carrier to understand your out-of-network behavioral health care benefits. This document is not meant to make any assessments or predictions about your individual coverage. Only your insurance carrier can give you that information.

Miranda Rohe, LCSW specific information	
Provider Tax ID for Abby Kulkin, LMFT, SUDP	88-3337053
Provider NPI	1386114395
Current Procedural Terminology (CPT) (The coding used to describe our therapy sessions)	90837: 53+ minute psychotherapy session with a masters level mental health clinician.
Diagnosis & ICD-10 Code	Talk to me directly if you would like to know the ICD-10 code for your specific diagnosis. For the purposes of your call you can say: "I have been seeing my provider for a covered behavioral health diagnosis, where claims have successfully been accepted"

Use the right side of this table to assist you with note-taking during your insurance call.

Important questions to ask your insurance representative	
Questions	Your notes / answers
Do I have an out-of-network deductible that is separate from my in-network deductible? If so, what is that amount?	<input type="radio"/> In-network deductible amount = \$_____ <input type="radio"/> Out-of-network deductible amount = \$_____
At what percentage (%) will you cover services with an out-of-network behavioral health provider?	<u>Co-insurance</u> <input type="radio"/> % of each service you're responsible for: _____ <input type="radio"/> % your carrier is responsible for: _____
My current provider, whom is out-of-network has a rate of \$150 for CPT 90837. Is this amount above or below your "max-allowable"?	<u>Max Allowable Above \$165?</u> <input type="radio"/> Yes ____ <input type="radio"/> No ____
If your carrier states their "max-allowable" is less than \$150, you'll want to ask: What exactly is the max allowable?	Max-allowable = \$_____

Common Insurance Terms and Definitions

Deductible	<p>This is the amount of money you must pay out-of-pocket before any benefit begins to apply. For example, your deductible was \$1000, you should plan on paying for medical expenses yourself, until you have reached that \$1000. Many things will “count” toward this number, beyond your therapy services. And some services, like preventative care are often covered even before the deductible is met.</p> <p>Note that some plans have TWO separate deductibles, one for IN-network charges and another for OUT. Make sure to ask about this.</p>
Contracted Rate	<p>This rate is often, but not always, different from “max-allowable” and refers to a negotiated rate that your insurance carrier uses with contracted IN network providers. When asking about max allowable, make sure to clarify that you are talking about working with an OUT-of-network provider.</p>
Max-allowable	<p>This term often refers to the maximum amount your insurance company is willing to ascribe to a certain service. For example, they might say: “Our max allowable for CPT 90837 is \$200”</p>
Co-insurance	<p>This is typically a percentage at which your insurance is able to cover health services. For example, “You pay 30% coinsurance” means that you are responsible for 30% of the service fee.</p>
Co-pay	<p>This is typically a set dollar amount for certain services. For example, your plan might say: “You pay \$20 co-pay for every outpatient doctor’s visit when you see an in-network doctor”</p>

The chart below offers examples and simple calculations to better help you understand exactly what portion of therapy services you will be responsible for, and what portion your carrier will be responsible for. Though this table reflects my personal experience both on the provider and consumer side, it should never replace information provided directly from your insurance carrier or EOBs.

Understanding max-allowable and estimating cost-sharing	
(A) Your carrier has a max-allowable that is lower than my full fee of \$150.	(B) Your carrier has a max-allowable that is higher than \$150. In this case, the calculations are simple:
<u>(Max-allowable for 90837) x (percent of service covered)</u> = The amount you will be reimbursed after submitting a claim	\$150 x <u>(percent of service covered)</u> = The amount you will be reimbursed after submitting a claim.
Total out-of-pocket expense = \$150 - The above number #	Total out-of-pocket expense = \$150 - The above number #
<p>For example: with 80% coverage for 90837, with a max-allowable of <u>\$117</u>: $117 \times .80 = \text{\\$93.6}$ The total amount insurance would pay. $150 - 93.6 = \text{\\$56.40}$ The total out-of-pocket amount you'd be responsible for.</p>	<p>For example: with 80% coverage for 90837, with a max-allowable at or above <u>\$165</u>: $150 \times .80 = \text{\\$120}$ The total amount insurance would pay. $150 - 120 = \text{\\$30}$ The total out-of-pocket amount you'd be responsible for.</p>
<p>*Please note, full fee will be collected within 14 calendar days of the day your therapy session takes place. You can opt to receive either weekly or monthly "superbills", which you then can submit to your insurance carrier for reimbursement. Unfortunately, I am not able to submit claims directly to your carrier nor accept payment from your carrier. If your insurance company erroneously tries to send a reimbursement check to Miranda Rohe, LCSW the policy is to void the check.</p>	

EMDR THERAPY

FAQ's

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Lightwork
EMDR | THERAPY

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