



**Carrie Sheppard, M.Ed, LMHC**  
 27023 164<sup>th</sup> Ave SE, Suite 109  
 Covington, WA 98042  
 Email: [carrie@mindsourcecenter.com](mailto:carrie@mindsourcecenter.com)  
 MindSource Center: 253-639-7146 Fax: (253) 639-7145

## Brief Consultation Package Options Information and Services

Thank you for contacting us about Brief Consultation Packages. The MindSource Center is conveniently located across the street from the Covington Library.

Brief Consultation packages offer a multi-faceted, specialized service that combines assessment, treatment planning, support and education, resources, brief therapy, and an ongoing plan for accelerating progress. Typically, much can be accomplished within a short time frame. This cost effective approach often yields more productive results than longer term psychotherapy and may lead to greater benefit from existing treatments, education systems, and community resources than standard evaluations can provide. Brief consultation packages frequently focus on:

- Assessing & identifying treatment needs
- Identifying gaps in treatment or obstacles to progress
- Addressing specific areas of challenge, such as difficult behaviors or getting “stuck”
- Developing a 6-month treatment plan for home-based intervention
- Making recommendations for accelerating progress, for educators, parents, therapists or others
- Balancing the needs of others, such as siblings and family life
- Providing parent feedback with a comprehensive summary of the assessment results, specific recommendations related to your goals, related to your child’s developmental level, beneficial adaptations and strategies; a customized 6 month home treatment plan, training in the tools and strategies you will need in order to be successful in carrying out your treatment plan, and follow-up resources.
- Package 1 includes a DVD of your feedback session; package 2 provides a brief written report and Package 3 provides a more comprehensive written report. All packages include a treatment plan with recommendations.

### Package 1: 4-6 Session Consultation Package

Includes the following:

1 1/2 hour Parent Intake Appt.
Records Review
Child Assessment
Planning/Professional Consults
Consultation
Parent Feedback
Treatment Plan & Recommendations
<b>Total Cost \$ call for information</b>
<b>5% Discount if paid in full</b>
<b>Insurance Discount Available*</b>
<b>*Only available for direct service time and not for other specialized services such as assessments, professional consults, a 6 month home treatment plan and other services not normally provided within a standard psychotherapy practice.</b>

## Package 2: 6-8 Session Consultation Package

### Includes the following:

1 1/2 hour Parent Intake Appt.
Records Review
Child Assessment
Planning/Professional Consults
Parent & Child Session
Consultation(s)
Parent Feedback
Treatment Plan, Recommendations & Brief Report
Follow Up Consultations with Treatment Plan Revisions
<b>Total Cost \$ call for information</b>
<b>5% Discount if paid in full</b>
<b>Insurance Discount*</b>
<b>*Only available for direct service time and not for other specialized services such as assessments, professional consults, a 6 month home treatment plan and other services not normally provided within a standard psychotherapy practice.</b>

## Package 3: 8-12 Session Consultation Package

### Includes the following:

1 1/2 hour Parent Intake Appt.
Records Review
Child Assessment
Planning/Professional Consults
Parent & Child Session(s)
Consultation(s)
Parent Information & Training Session(s)
Email/Skype Assignments
Parent Feedback
Treatment Plan & Written Report
Follow Up Consultation(s) and Treatment Plan Revision
<b>Total Cost \$ call for information</b>
<b>5% Discount if paid in full</b>
<b>Insurance Discount*</b>
<b>*Only available for direct service time and not for other specialized services such as assessments, professional consults, a 6 month home treatment plan and other services not normally provided within a standard psychotherapy practice.</b>

## Professional Disclosure Statement

Washington state law requires all licensed mental health counselors disclose their training, education, experience, and approach to therapy to prospective clients. Please feel free to discuss this information with me if you have any questions.

**EDUCATION:** University of Minnesota, B.A. in Psychology, 1982.  
Boston University, M.Ed. in Counseling Psychology, 1985.  
Boston Institute for Psychotherapy, Advanced Clinical Fellowship, 1990.  
RDI<sup>®</sup> Certification, Connections Center, Houston, TX, 2004.

**LICENSE:** State of Washington Licensed Mental Health Counselor #LH00003921  
State of Washington Child Mental Health Specialist

**EXPERIENCE:** Provided psychotherapy services to individuals and families, Boston/Cambridge, MA, 1984-87.  
Child & Family Psychotherapist, private mental health clinics, Salem/Beverly, MA, 1987-91.  
Psychotherapist, clinic settings, Washington state, 1991-1997.  
Psychotherapist, private practice, Washington state, 1992-present.

My goal as I learn about you is to assist you to use your inner resources more fully, and to be empowered to pursue solutions that are effective for you. Each course of treatment is unique to those who participate in it, and thus your consultations will be a blend of what you and I do together. I am responsible for developing and implementing a course of treatment that will most effectively deal with your issues for the next 6 months. You are responsible for your decisions and for changing. Effective treatment and accurate assessment depend to a significant degree on your openness, commitment to change, and collaboration. Much of the responsibility for a successful outcome is yours.

My approach to therapy, when working with parents of children on the autism spectrum, is primarily from a psycho-educational standpoint. That is, important information about child development and your child's specific developmental needs is discussed within the context of formulating a plan that you will carry out at home. I may utilize traditional play therapy or other specialized techniques and approaches when working with your child, as may be appropriate. Please feel free to ask questions, as it is always appropriate to inform yourself regarding your child's therapy process and the therapist's reasons for the selection of any particular technique to address therapeutic goals.

If you do not already have a diagnosis for your child and you would like to obtain one, we have a pediatric neuropsychologist who is able to evaluate and provide a diagnosis as soon as possible. Please contact our office manager at 253-639-7146 to find out more and schedule an intake appointment.

Please feel free to call us at 253-639-7146 to schedule a parent consultation. Feel free to ask questions, as it is always appropriate to inform yourself regarding your child's therapy process and the therapist's reasons for the selection of any particular technique to address therapeutic goals.

We look forward to hearing from you!

Sincerely,



Caroline Sheppard, M.Ed., LMHC

## Tips for Preparing for Your Visit

- Your initial appointment is typically a parent intake session, unless you have been given other instructions. Please bring the following items to your first appointment:
  - Insurance Card (If you want to bill insurance for partial face to face services)
  - Copies or reports and evaluations that will help me to understand your child's development and treatments
  - Brief Consultation Package Contract, signed
  - Policies & Procedures
  - Intake Information Questionnaire, completed
  - Office Agreement form
- If you have other children, it may be useful to arrange child care, so as not to distract you from getting the most out of your sessions.
- If your child is anxious or resistant to treatment settings, or you would like suggestions for preparing your child for the first assessment session together, please ask.
- On the day of your child's appointment, if you have concerns about your child's ability to participate fully, due to illness, anxiety, or for any other reason, please discuss this with me.

Enclosed you will also find information to review and keep for your reference:

- Washington State Department of Health: Client & Counselor Responsibilities and Rights
- Notice of Privacy Practices

Please call or email me for more information or to schedule an appointment. I look forward to working with your family.

Carrie Sheppard, M.Ed., LMHC