

**THE COUNSELING COLLABORATIVE**

**Milja Brecher-DeMuro, MSW, LCSW**

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**[www.thecounselingcollaborativemaine.com](http://www.thecounselingcollaborativemaine.com)**

**Disclosure Statement**

**Office Hours: Monday – Thursday 9am - 5pm**

**(July & August exception: Office Closed on Mondays)**

**Licensure:**

License type: Licensed Clinical Social Worker

License#: LC13783

First issue: 10/2014 Expiration: 10/2018

**Degrees:**

Name of Degree: Master in Social Work Date conferred: 5/2003

Area of study: Social Work Institution: University of Maine & Smith School of Social Work

Name of Degree: Bachelor of Arts Date conferred: 2/1999

Area of study: Child & Adolescent Development & Psychology Institution: Hampshire College, Amherst, MA

**Areas of Competence:**

My approach to working with clients is strengths-based with a focus on resiliency. I believe that everyone has the ability to bounce back from adversity and that we have inherent strengths that help us to cope and thrive. In counseling I work with client using mind-body techniques, CBT (Cognitive Behavioral Therapy), EFT (Emotional Freedom Technique), EMDR (Eye Movement Desensitization Reprocessing) and psychotherapy.

I have experience working with adolescents and adults in both individual and group settings. My areas of treatment specialty include substance use disorders, co-occurring substance use and mental health issues, trauma, depression, anxiety, disordered eating, self-esteem and body image challenges.

**Accountability:**

to discipline clinicians who violate the board's law or rules. To learn about the complaint process, or to file a complaint, contact:

State Board of Social Worker Licensure  
35 State House Station  
Augusta, ME 04333-0035

phone: (207) 624-8674

fax: (207) 624-8637

(TTY users call Maine relay 711)

**Admission Policies:**

All persons interested in counseling will undergo a comprehensive intake/assessment process. At his/her first session that generally lasts up to two hours. Treatment issues and strengths are identified at this time. An individualized treatment plan based on the client's specific strengths including goals, objectives and target dates will be established. Diagnosis and treatment will be a collaborative effort between client and counselor with regular progress reviews. Typical sessions are based on a 50 minute hour. Extended sessions are available.

All information that is obtained is strictly confidential. See Milja Brecher-DeMuro, MSW, LCSW's Privacy Practices for the exceptions to confidentiality.

**Fee Schedule & Billing:**

Assessment (1-1/2 to 2 hours):	\$125.00
Individual (1 hour):	\$90.00
Family (1 Hour):	\$115.00
Group (1-1/2 hour):	\$56.00

Payment is due at the time the service is provided, unless other arrangements have been made.

Insurance companies will be billed directly, if desired, and the client will be charged the co-pay balance (which depends on the client's specific insurance coverage). Third-party insurance policies that Milja Brecher-DeMuro, MSW, LCSW accepts, include:

- MaineCare (Note, Milja Brecher-DeMuro, MSW, LCSW processes MaineCare (Medicaid) & Medicare claims through Cornerstone Behavioral Healthcare)
- Medicare
- Martin's Point
- Anthem Blue Cross Blue Shield
- Maine Community Health Options
- Aetna
- Optum
- Commercial Traveler's

It is the client's responsibility to check with all other insurance providers about out of network coverage. Co-pays and out of pocket payments are required at the time of service.

Clients are responsible for payment if their insurance company does not pay. If payment is not received in a timely manner, the bill will be sent to a collection agency.

**Cancellation Policy:**

After 3 cancelled or missed appointments, therapy will need to be terminated or renegotiated. A \$35 cancelation fee will be charged if appointments are not canceled 24 hours prior to the scheduled time. This fee may be waived for emergencies at the discretion of Milja Brecher-DeMuro, MSW, LCSW.

**Clients have the right:**

- To expect the counselor has met the licensure requirements of state law and rule;
- To examine a counselors licensing credentials;
- To obtain a copy of the Code of Ethics from the State Board of Social Work Licensure
- To file a complaint against a clinical counselor with the board;
- To be informed of the cost of professional services before receiving services;
- To expect complete confidentiality except as required by law; and
- To refuse any recommended services and to be advised of the consequences of this action.