



Oshkosh Marriage and Family Therapy Center LLC
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Post-Traumatic Stress Disorder Program

This program was developed as a pilot intensive therapy opportunity for those struggling with post-traumatic stress symptomology and its corresponding anxiety and depression elements. This pilot program is a combination of increased individual/couple sessions and group therapy.

Criteria for Inclusion:

- 1) Must be a current client.
- 2) If not a current client, must have a minimum of three sessions to be considered a current client.
- 3) Must have a current PTSD diagnosis (primary or otherwise).

What is Offered:

- 1) Program enrollment into extra individual/couple sessions will start March 1, 2019 and last until December 31, 2019.
- 2) For clients who see me every other week, they will be able to see me every week for the same cost as seeing me every other week.
- 3) For clients who see me once a month, they will be able to see me every other week for the same cost as seeing me once a month.
- 4) Completion of a 12-week group that will meet on Saturdays at 5 pm. The first 12-week group will begin March 16, 2019. A second 12-week group will begin June 22, 2019. A third 12-week group will begin September 28, 2019. Clients must sign up for one of the three group. Clients must make two group sessions a month in order to stay in the program.
- 5) Fee for group sessions are \$10 per person per month for those with a household income over \$40,000 annually (\$40 total per person) and \$5 per person per month for those with a household income under \$40,000 annually (\$20 total per person). Payment can be paid in full on first day of group session or paid through a payment plan set up between client and therapist.
- 6) For those client(s) with children during the Saturday group therapy sessions, where finding childcare can be a hassle; therapist's husband will be signing a HIPAA compliant release to keep your identity confidential. He will watch the children in the therapy playroom. He is good with children but is not a certified child care provider. He will not change diapers. If a dirty diaper happens to arise during the course of a group session, therapist's husband will come get parent(s) to take care of the issue. Parents will need to sign a release form should they wish to obtain this service.