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Hello! Welcome to our office. Your first session will last approximately one hour. At the end of the session I will suggest one of several forms of treatment--or occasionally no treatment at all. The treatment recommended might be psychotherapy or pharmacotherapy (treatment with medication). If any doctor changes your medications while you are still in treatment with me, please let me know, as sometimes medications can interact with each other.

I am a Board Certified Psychiatrist and also Board Certified in Addictions. I am a Distinguished Fellow of the APA. My medical degree is from the University of Otago in New Zealand. I did my psychiatric residency at the University of Oklahoma and practiced in Pensacola, Florida from 1980 until August 1989 when I moved to Winter Park.

CONFIDENTIALITY: Patient records are only released to other physicians or agencies upon your written request. Fortunately, most insurance companies do not require anything more than your diagnosis when insurance is filed. If anything additional is required, I usually get you to sign a release of information form. The one exception to this is managed care companies. They require the physician to write quite lengthy reports at various intervals during treatment. If this occurs while you are still a patient of mine, I will usually go over my report with you and, if you wish, let you read it before sending it out. HIPAA has new confidentiality rules. My practice has always been to follow a standard stricter than the new HIPAA standards.

PSYCHOTHERAPY: Many patients with emotional problems receive benefit by acquiring insight into the reasons for their thoughts and behavior. Psychotherapy seeks to help the person reach this goal. Psychotherapy may be insight-oriented, in other words, aimed at finding the origins of behavior; or supportive, which aims at helping people cope with their present life situation. I do mainly dynamically oriented psychotherapy. However, I do not hold rigidly to any one particular school of thought.

PHARMACOTHERAPY: Over the last 30 years or so there have been a number of advances made in medications to help psychiatric disorders. There are some problems that are helped greatly with medications.

FEES: The first appointment will cost \$215.00. After that, 50-minute sessions are \$170.00; 25-minute sessions are \$100.00 and 15-minute sessions are \$70.00. Payment in full is expected at the time of service, unless prior arrangements have been made. If you have insurance and/or a managed care plan that we contract with, you are only responsible for your deductible and co-pay. If you want us to file insurance for you, please provide us with your complete insurance information. ***WE DO NOT ACCEPT ANY FORMS OF MEDICAID OR HUMANA.*** As an added convenience we accept MasterCard, Visa, Discover and American Express. If you are referred by IPN or PRN your fee will be \$250.00 for the evaluation and report, plus \$160.00/hour for medical records review if applicable. We will not bill insurance for an IPN or PRN evaluation.

NOTE: You could be charged for appointments canceled with less than 24 hours notice.

ATTENTION INSURANCE PATIENTS: PLEASE CONTACT YOUR INSURANCE CARRIER PRIOR TO YOUR APPOINTMENT! It is imperative that you ask the following questions:

- . Is Louise I. Buhrmann, MD a covered provider under your Insurance Company as well as your Managed Care Company?
- . Are you currently eligible for coverage?
- . What is your co-pay (out-of-pocket) amount?
- . Has your deductible been satisfied for this year?
- . Are you required to obtain authorization for your first visit?

Rebecca M. Carroll, LCSW is a Licensed Psychiatric Social Worker who works with me in this office. She has a special interest in treating patients with eating disorders. She has been in practice since 1988 when she received her Master's Degree from the University of South Florida. Individual sessions with her are \$125.00 for the first visit, \$105.00 for follow-up visits, 90-minute group therapy sessions and eating disorder group sessions are \$60.00 each. Please contact our office with questions regarding insurance and managed care companies that Rebecca participates with.