




INTRODUCING
The Princeton Biofeedback Centre, LLC
Les Fehmi, PhD & Susan Shor, MSW



317 Mt. Lucas Road
Princeton, NJ 08540
609-924-0782
lesfehmi@ix.netcom.com
www.openfocus.com

Les Fehmi, Ph.D., Director Princeton Biofeedback Centre, LLC is the founding member of the Biofeedback Society of America (now AAPB) and First President of the Biofeedback Society of New Jersey. For over forty years he has conducted research and practiced clinically in the area of attention and EEG biofeedback (Neurofeedback). He developed OPEN FOCUS™ training and specializes in multi-channel, phase synchrony neurofeedback. He is considered one of the pioneers in the field.

Susan Shor, MSW, Executive Director Princeton Biofeedback Centre, LLC has been teaching OPEN FOCUS™ and neurofeedback for over twenty five years, specializing in multi-channel, phase synchrony, brain wave training. She has long been interested in the integration of neurofeedback, attention training, and psychodynamic psychotherapy.



The following will serve to advise you about the office procedures and policies of the Princeton Biofeedback Centre, LLC. If you have any questions, please do not hesitate to make them known. Please keep this information for future reference.

OFFICE HOURS: Tuesday, Wednesday and Thursday: 10:00 AM – 7:00 PM - Saturday and Sunday: 8:00 AM – 2:00 PM

FEES AND BILLING: Initial Office Visit - \$295.00 Subsequent Office Visits - \$195.00

We ask that you be prepared to pay for the services rendered at the **BEGINNING** of each session. We regard our fees as reasonable and in keeping with the prevailing charges in this area. If you have any questions regarding our fees, please feel free to discuss them with us. Please keep copies of all bills you receive from us for the year. This will enable you to verify your claim for a tax deduction or insurance reimbursement.

INSURANCE: We would like to emphasize that your insurance policy is a contract between you and your insurance company. The responsibility for initiating a claim to your insurance company rests with you. We cannot guarantee payment of your claim. Because plans vary greatly in the coverage offered, if it is not paid, the insurance company should explain to you why it was rejected. Our bill will serve to verify the service performed if you plan to make a claim for reimbursement from your insurance company. Should your insurance company require their own form be filled out; we will gladly assist you in the expedition of your claim, but please **REMEMBER, WE ARE NOT RESPONSIBLE FOR COLLECTING PAYMENTS OR REIMBURSEMENT FROM YOUR INSURANCE COMPANY. IF YOU SUBMIT YOUR CLAIM PROMPTLY, WE WILL BOTH BENEFIT. NOTE: We are currently enrolled as a participating provider with Aetna Insurance, clients with Aetna Insurance will be responsible to pay only their co-pay.**

APPOINTMENT CANCELLATION: We require 24-hour notice of an appointment cancellation. If, for any reason whatsoever (e.g. sickness, car problems, inclement weather, etc), an appointment cannot be cancelled 24 hours in advance, you will be billed for the session, unless a mutually agreed upon alternative can be arranged for another hour during the same calendar week (Tuesday, Wednesday, Thursday, Saturday or Sunday). Please remember we are blocking a 1-hour time slot for your appointment.

MEDICAL CARE: Participating in a training program should not be undertaken in lieu of proper medical care. Periodic general physical examinations, as well as a specific work-up of presenting medical symptoms by your own physician, are requested of all participants in the training program. The main goal of our training program is to provide the conditions and guidance for you to learn stress-management skills and to transfer these skills from the clinical setting to stressful life situations.

MEDICATION: We provide **NO** medication at the Centre. While you are participating in the training program, your medication should be followed very closely under the supervision of the prescribing physician. Evidence suggests that some persons involved in our training program require smaller amounts of various medications, particularly substitute hormones such as thyroid hormone and insulin, and in some cases, medications for essential hypertension. Thus, these persons need to be monitored by the physician particularly closely to avoid the effects of excessive medication.

NUMBER OF SESSIONS: HOW LONG WILL IT TAKE? We feel it is best to attempt to answer this only after working with you for a reasonable period of time. Each individual is different. There is no general rule as to the number of sessions required for symptom remission. Typically, our clients initially are seen on a twice-weekly basis. You and your therapist will decide when it is time to reduce the frequency to one session per week. When it is time to begin weaning yourself from the training program, a gradual process is employed, extending the visits to the Centre at a rate which fosters optimum maintenance of skills and transfer of training to daily life situations.

HOME PRACTICE: You have a responsibility to practice the relaxation techniques at home, if you are to gain maximum benefit from the training program. Any problems you have with practicing must be explored during office sessions.

CONFIDENTIALITY: Confidentiality of client information shall be maintained in accordance with HIPAA.