

**Dr. Deborah V. Thomas, EdD, APRN, PMHCNS-BC, PMHNP-BC, CMP**

**Owner and President Here and Now Psychiatric Services**

**Center for Pharmacogenomic Studies**

**PERSONAL & PROFESSIONAL DISCLOSURE STATEMENT**

**INFORMATION RELATED TO SERVICES, FEES, & TREATMENT PHILOSOPHY**

Dr. Debbie Thomas is the President and Owner of Here and Now Integrative Psychiatry, Center for Pharmacogenomic Studies, The Parenting Institute and Kentucky Neurofeedback Center. She received her masters’ degree in psychiatric and mental health nursing from Indiana University – Purdue University at Indianapolis in 1992. She received her doctoral degree from Spalding University in Education Leadership with a focus on psych mental health in 1997. Dr. Thomas is nationally dual board certified as a Child and Adolescent Psychiatric Clinical Specialist and a Family Psychiatric Nurse Practitioner. She holds a post-masters certificate as a family psychiatric registered nurse practitioner and is licensed to practice in the states of Kentucky and all currently included compact licensure states. In 2014, Dr. Thomas completed a post-doctoral fellowship through the Neuroscience Education Institute and successfully passed the exam to be a Certified Master Psychopharmacologist, recognized by the Board of Neurology and Psychiatry.

Dr. Thomas received advanced clinical training in critical incident stress debriefing, mediation, and interpersonal growth groups. Her diverse background includes neonatal intensive care nursing, pediatric acute inpatient psych nursing, psych consult-liaison nursing and private psychotherapy practice. In addition to working with adults experiencing mental health issues, Dr. Thomas has also worked extensively with children and teenagers with cancer, diabetes, asthma and other chronic illnesses.

Professional memberships include the Neuroscience Education Institute, International Society of

Psychiatric Nursing, American Nurses Association, The American Psychiatric Nurses Association, Kentucky Psychiatric Nurses Association, American Association of Nurse Practitioners, KY Coalition of Nurse Practitioners and Nurse Midwives, Sigma Theta Tau International, Institute of Transpersonal Psychology, The Menninger Foundation, and the International Critical Incident Stress Foundation. Service and leadership are provided to a variety of community boards and task forces.

Until her retirement from the University in May, 2017, Dr. Thomas was a full professor at the University of Louisville School of Nursing where she was director of the graduate psychiatric nurse practitioner program for the past 10 years. Currently, she continues to maintain a select private practice specializing in depression, bipolar spectrum, panic/and anxiety disorders, parenting issues and child/adolescent issues. She facilitates ongoing women’s groups and adolescent groups. She enjoys working with individuals adjusting to sexual/gender differences and welcomes clients from all backgrounds. She is a past regional trainer for the National Institute of Mental Health on panic and anxiety disorders in women. Dr. Thomas was a primary critical incident debriefer for Oklahoma City Children’s Hospital physicians and staff following the bombing of the Alfred P. Murrah Federal Building in Oklahoma.

Dr. Thomas continues to receive awards and recognition in a variety of areas. Several years ago she

received the National League of Nursing Centennial Leadership Award, Jefferson County Clinical Nurse of the Year Award, Kentucky Nurse Recognition Award, and the Child Advocacy Award from the Indiana Association of Advocates for Child and Adolescent Psychiatric Nursing. In 2013, Dr. Thomas was recipient of the psychiatric educator of the year award by the International Society of Psychiatric Nursing. In 2014, she received the Marcia J. Hern Excellence in teaching award.

In 2014, Dr. Thomas was selected as the recipient of the prestigious Susan McCabe Lectureship Award delivering the keynote address entitled “Psychoneuroimmunology: When Grief Took Hold” for the annual International Society of Psychiatric Nursing and Psychopharmacology Conference in Seattle in March 2015.

In 2015, she received the second annual Florence Nightingale Award. Lastly, in 2017 she received the Kentucky Nurse Practitioner of the Year award by the American Association of Nurse Practitioners. She served as co-chair of the International Society of Psychiatric Nursing’s 2018 Annual Psychopharmacology Institute.

Dr. Thomas participates in research and writing on a variety of topics. She is a manuscript reviewer for the Journal Perspectives in Psychiatric Care & Journal of Archives of Psychiatric Care. In 2017, she was a primary reviewer for a textbook on Psychopharmacology and multiple book chapters. Her most recent publications include, but are not limited to:

* Anxiety and Anxiety Disorders in “Global Determinants of Health” - book chapter; In-press 2016
* Multiple book chapters and case studies on children, adolescents, and adults; 2017

· Parenting Education: Implications for Research, Practice, and Teaching – Published in the Journal of Family and Child Nursing

· Camping Up Self-esteem in children with hemophilia – Published in Comprehensive Issues in Pediatric Nursing

· Coping with Trauma: how to live following the September 11 tragedy –Invited commentary –July 2002 – Journal of Child and Adolescent Psychiatric Nursing

· Response to the Surgeon General’s Report: Changes in Self Esteem, Depression, and Parenting Competence in

Pregnant and Parenting Adolescent Girls – In Press – Journal of Child and Adolescent Psychiatric Nursing

· Aromatherapy: Mythical, Magical or Medicinal? – Journal of Holistic Nursing Practice

· Role of the Infusion Nurse Therapist: Teaching competence and self esteem . Journal of Infusion Nurse Specialists

· Bipolar Disorder – A Comprehensive Approach – Comprehensive Psychiatric Disorders and Treatments; Ontai-Otong Ed., Appleton – Lange; New York

· Effectiveness of a Comprehensive Psycho-educational Intervention With Pregnant and Parenting Adolescents: A Pilot Study Journal of Child and Adolescent Psychiatric Nursing

· Bipolar Disorder – A Comprehensive Approach – 2nd ed. Ontai-Otong Ed. Comprehensive Psychiatric

Disorders and Treatments; Delmar; New York

Dr. Thomas is a well-known speaker and group facilitator. She presents annually at the ISPN conference on a variety of topics. In 2016, she was selected by RMEI and the post-graduate Institute of Medicine to chair multiple Bipolar symposia entitled “Clinical Convergence: Patient and Provider Perspectives on the Diagnosis and Treatment of Bipolar Disorder”. Dr. Thomas successfully chaired the symposia at 3 national and international psychiatric conferences throughout 2017-2017. She is a recognized expert in the diagnosis and treatment of bipolar disorder in children, adolescents, and adults. She is an expert faculty and presenter for prIME CME on “Novel Therapeutic Agents in Treatment Refractory Depression” highlighting new research interventions. She serves as expert faculty for Shire Pharmaceutical and Allergan and conducts presentations on request across the country. .

In 2013, she was invited to be an ongoing regional speaker for AssurexHealth on the use of pharmacogenomics in individualized treatment interventions for patients. She has been a key presenter and group facilitator for the Children’s Leadership and Training Summit on Youth Violence (Kentucky). She delivered the keynote address for the International Society of Pediatric Endocrinology Specialists in Park City, Utah. Her presentations for the Society of pediatric nurses (Chicago) entitled “Conflict Negotiation” and “Gallery of Ha! Ha! … the Healing Power of Humor” were well received and sold on audio tape. She has been published in WHO’S WHO in Women’s Leadership and Excellence and in WHO’S WHO among College Professors for the past 25 years. She enjoys music, art, writing, and performance art.

The following comprehensive psychiatric services are offered:

* MEDICATION EVALUATION & MANAGEMENT / LAB WORK / GENETIC TESTING
* INITIAL COMPREHENSIVE PSYCHIATRIC EVALUATION & FOLLOW-UP
* INDIVIDUAL, FAMILY, & GROUP PSYCHOTHERAPY (CHILDREN, ADOLESCENTS, AND ADULTS)
* HYPNOTHERAPY, MOTIVATIONAL INTERVEIWING, CBT/DBT TECHNIQUES AS APPROPRIATE
* INDIVIDUALLY TAILORED WORKSHOPS AND SEMINARS
* PARENTING EDUCATION & SUPPORTIVE COUNSELING
* CONSULTATION SERVICES FOR WORK GROUPS, ORGANIZATIONS, AND SCHOOLS

PSYCHOEDUCATIONAL GROUPS (TIME-LIMITED AND ON-GOING): - PARENTING

* + WOMENS’ INTERPERSONAL GROWTH GROUP
  + CHRONIC ILLNESS (CHILDREN AND ADULTS)
  + COUPLES, MARITAL, AND DIVORCE
  + PROFESSIONAL NURSES SUPPORT GROUP
  + MANAGEMENT PROFESSIONALS
  + ADOLESCENT GIRLS GROUP
  + CHILDREN OF DIVORCING PARENTS & PARENTING GROUPS
  + MOTHER/DAUGHTER SMALL GROUPS
  + YOUTH IN TRANSITION – A FOCUSED GROUP FOR LGBT-QA YOUTH

**PERSONAL AND PROFESSIONAL STATEMENT OF RESPONSIBILITY**

My commitment and responsibility to you as your mental health care provider is to provide you with the highest level of ethical, professional service possible. I will utilize all of my resources to provide that for you. It is my belief that we all have healthy emotional centers and different strengths, which can be utilized for deep spiritual and emotional healing. It is also my belief that most of us find that we need some help or guidance at various stages in our lives. I see this as a healthy part of our emotional growth and development. Moving through difficult and painful times allows us to experience our own internal strengths and grow to be stronger, more competent and capable human beings. Through our own journey we learn empathy and compassion for the struggles of others. My philosophical approach to practice is a holistic one. I do not believe everyone needs to be on medications, but if you do, we will work together to find the best choices for you using cutting edge technology including Genesight testing (cheek swab). I will not try to twist your arm into something you do not want. I will do my best to educate you on the best options I see for you to meet your goals of mental health wellness and wholeness.

The work of therapy or self-awareness is not always easy, obvious, painless, or quick. During the therapy session the time belongs to you. I will do all I can to facilitate the healthiest outcomes that you and I have agreed on together. Depending on the individual, there are various modes of therapy that may be used. These include talking, writing, music, art, reading, or role-playing. The work that occurs in therapy is yours. You must think about your commitment to work towards the goals or changes that you have set for yourself. The insight and wisdom you will gain in therapy is your own. It can be an exciting, energizing, scary, stressful, and wonderfully empowering experience – all at the same time. During the time that we work together please let me know of any questions, thoughts, or concerns that you may have about any aspect of our work together. I look forward to the opportunity to work with you.

***Financial & Insurance Information***

*This is a concierge or boutique psychiatric private practice****. I chose not to assess an annual fee and you will not be charged for text messages or emails to clarify any issues or ask questions.*** *If it is too involved you will need to make an appointment. Other than a simple change, medications will not be managed via texts or emails. Beginning January 2017 the following fees apply to individuals, couples, & families. \*Notably this is the first rate change since 2005 and is necessary to continue to provide you with the current level of extensive personalized services and availability.*

1. **30 minute session:**  $125.00 (this may be for a shorter psychotherapy session or individual medication

follow up with brief psychotherapy)

1. **60-75 minute session:** $195.00 (this is for a full 60-75 minute therapy session; with or without a med check

included) Sessions longer than 75 minutes will be billed based on time and must be scheduled in advance.

1. **90 minute session:** $275.00 (this is reserved for family or couples sessions or crisis/urgent sessions)
2. **Initial Comprehensive Psychiatric Evaluation:** (including medication evaluations): may be from 90-120

Minutes depending on complexity - $325.00

1. **Letters:** – simple one page letter no charge (Ex. work or school letter)
2. **FMLA, Insurance or Disability:**  Paperwork is lengthy, involved, and often ongoing. There will be a charge

of $125 for initial paperwork. If more extensive work is required you will be charged for the time not the number of pages.

1. **Legal Consultation/Expert Witness:** $1000 retainer to review preliminary case documents; $250/hour for

research, case prep, written opinion statements, and depositions; $1500/day for court testimony plus travel expenses

1. **Group Fees:** 60-90 minute Medication Management Group: $125.00/session

90 minute Psychotherapy group with 1-2 therapists: $75.00/session (Bundled discount option)

**\*Family discounts and Professional Courtesy Discounts are available.**

**\*\*There are no fees for medication refills between visits or for brief texts or emails per our individual agreement.**

**INSURANCE:** It is the policy of this office that payment is made by credit card, HSA (health spending account debit card or other benefits card), cash, or check at the time service is provided. I will be happy to complete insurance forms for you, but ask that you be responsible for payment and let your insurance company reimburse you. If payment is a problem, please discuss this with me and I will try to work out an arrangement that is acceptable for us both. I cannot insure that your protected health information will remain confidential once insurance claims are filed. Diagnostic information is required on all insurance forms and in some situations they can also request your records.

**CANCELLATION POLICY:** In fairness to you and other clients, **appointments must be cancelled at least 48 hours in advance except in the case of a rare emergency.** This is important so that I may utilize that time for another patient. If you do not call/text me to cancel and do not show up for an appointment, you will be billed for that time. If there is a pattern of cancelled appointments I will ask to discuss this with you so that we can determine the problem and work together for a mutual resolution.