

M. Jill Jones, LISW-CP LLC

[jill@baylaureltherapy.com](mailto:jill@baylaureltherapy.com)

Updated 3.2023

**Therapy Service Hours:** Tuesday, Wednesday, Thursday 10 a.m. – 4 p.m.

Messages checked during this service period.

**Dates and times of other services vary.**

**Services Provided:**

- ***Consultations for autistic older teens and adults*** (individuals and/or their families) for a variety of needs, including transition to adulthood.
- ***Safe and Sound Protocol*** (Therapeutic Vagal Nerve Stimulation via Listening Program) – for retuning the nervous system to bring about a greater sense of ease. [integratedlistening.com/products/ssp-safe-sound-protocol](https://integratedlistening.com/products/ssp-safe-sound-protocol)
- ***Limited general psychotherapy*** for older teens and adults, couples, and families with a wide variety of mental health support needs
- ***Limited specialized psychotherapy*** for neurodiversity (autism, ADHD, and similar), medical trauma, and chronic illness/pain.
- ***Community Consultations and/or trainings*** for a variety of organizations, businesses, public services re: easy accommodation and inclusion of neurodivergent individuals and others with unique needs
- ***Trainings and events*** for older teens, adults, and their families
- ***Speaking/training*** for conferences, seminars, workshops, etc. re: autism and a variety of other mental health topics for professionals or general community
- ***Therapeutic Meet and Greets and Classes***
- ***Therapy Approaches:*** Somatic-informed and Polyvagal-informed; drawing also from Internal Family Systems, Mindfulness, Gottman Level 2 (couples), Cognitive/Behavioral, Dialectical Behavioral, Acceptance and Commitment.

**Fees and Accepted Payment Options:**

- ***Individual/Family Consultations or Initial Therapy Session*** \$150/hour
- ***Regular Therapy Sessions*** \$130/hour
- ***Private Pay and Straight Medicare*** (including supplements) accepted; ***superbills*** provided for clients to file for out-of-network reimbursement.
- Sliding Scale available for therapy clients who qualify.
- ***Safe and Sound Protocol*** for Jill's active therapy clients (\$30 per round). SSP for non-therapy clients is \$300 for initial round of remote, supervised listening, interviews, assessments. \$100 a round if subsequent rounds are needed.
- ***Organizational, community consultations, trainings, speaking*** are by negotiated contract.