

MISOPHONIA FAQs (similar info for other sound sensitivity disorders)

CAN YOU REFER ME TO SOMEONE CLOSER TO MY HOME?

You may have been referred to me by an audiologist or ENT. If they could have sent you to someone closer, they would have. I see people all over the country and abroad, because there are very few people who understand and can effectively treat misophonia. If you have a local CBT therapist, I am available for consultation to assist them in working with you, if you prefer.

CAN MY CHILD (OR MYSELF) BE SEEN FOR MISOPHONIA ONLINE?

Yes. I have worked online over Zoom.com with many hundreds of kids, adolescents, and adults with misophonia since 2012. The youngest children I see online are 10, with a parent in the room. Sometimes it is better for parents to work with me instead so we can develop family management plans until they are around 12.

WHAT IS YOUR APPROACH?

I started with CBT (Cognitive Behavioral Therapy), then added some DBT components (Dialectical Behavior Therapy) and neuropsychology. I also use my many years of experience as an educator and marriage/family therapist to include experiential activities, storytelling, humor, metaphors, sometimes a game, or other approaches crafted specifically for the interests and capabilities of the individual. Misophonia is sometimes a “standalone” condition, but is often compounded by anxiety, panic attacks, depression, OCD, ADHD, or other conditions that we address along the way.

WHAT IS THE PROCESS TO GET STARTED?

Complete and return **three forms** (attached): INTAKE (child, adolescent or adult), AGREEMENTS (Out of CA) and MISOPHONIA QUESTIONNAIRE. When we are ready to meet, you will upload your credit card to the billing company (info will be provided at that time). You can save the \$10 card fee by sending payment directly through Zelle, but your credit card must also be on file as a backup. Please use BLACK OR BLUE INK or type into the forms. When you send them back to me, please also indicate your time zone, and **best times/days for you to meet in your time zone**. Once I get your forms, you will be logged into my system. As space opens up in my schedule that fits with your availability, I will contact you to see if we can connect. **First appointment for adults** ideally includes spouse or partner. **First appointment for child or adolescent** is for parents only, so give me a separate time when that might work for both parents (which could be well before I begin with child). Now that the pandemic has subsided, my waiting list has been reduced from 4 months and currently is about 2-3 weeks.

HOW LONG WILL TREATMENT TAKE?

Most sessions are 50 minutes long. Within 10-12 sessions, most people have a solid understanding of the issues, concepts, and skills needed to manage this condition. Sometimes about halfway through, we begin to move to alternate weeks, and eventually to every 3 or 4 weeks until the person feels ready to handle school, work, family, or other situations. I am also available for periodic tune-ups. Sessions for children are 30 minutes, so the spread out time is longer. This is an estimate — everyone’s situation is different (for example, some life circumstances lead to more anxiety that compounds misophonia), so there is no one-size-fits-all approach or timeline.

WHAT IS MY INVESTMENT? WHAT ARE PAYMENT OPTIONS?

Regular 50 minute sessions are \$240 each if paid with credit card (\$10 less if paid by Zelle) so you can estimate about \$2,400 if we are able to cover sufficient ground in 10 regular sessions. Half-hour child sessions are \$140 each (\$5 less if paid by Zelle). These charges are actually far below most other therapists with less general experience and with no expertise in dealing with these issues. Please consider this an investment in your/your child’s health and future, and weigh that against the cost you currently pay in suffering. If this creates a hardship for you (fixed income or other reason), we can discuss possibility of alternatives. The billing company takes VISA, Mastercard, Discover, AmEx, HSA, or debit cards. Zelle payments go to jaellinejaffephd@gmail.com.

DO YOU TAKE INSURANCE?

No, I do not. The paperwork involved is far beyond what I can manage, and there are no guarantees of confidentiality with insurance company involvement. And in any case, the insurance world does not allow any billing when the patient and provider do not reside in the same state. Thus, out-of-state services are for “coaching,” not therapy, and must be paid out of pocket. If you have a Health account, you can bill to that for payment, but no insurance claim form is provided for out of state services.

WHAT KIND OF RESULTS CAN WE EXPECT?

Pre- and Post- treatment scores generally show somewhere between 65-75% improvement in symptom and reactivity management, but I think the best indication of results is seen in life. I have middle / high school kids who have greatly improved managing school and tests, sometimes with accommodations I requested for them. All of my high school clients have gotten into colleges, sometimes with accommodations for dorms. Most of my college students have gone onto grad school and productive work, sometimes using their misophonia as strengths. Many are now in relationships they did not think they could have. Adult clients have worked out marital issues and gone on to have good relationships and parenting skills.

Thank you for contacting me, and I do hope to be of assistance to you and your family, Dr. Jaffe