

A faint, blue-tinted background image of an office interior with desks, chairs, and large windows. A thick, light blue wavy graphic element curves across the top left and bottom right of the page.

Psychological Services Option and Proposal

Prepared For:
Laredo Fire Department

Dear Chief Rodriguez,

Thank you for opportunity to submit a proposal for Laredo Fire Department. This proposal will give you more background on my company, describe the service offering, and detail the pricing estimate.

I look forward to your feedback and will be available to answer any questions you have and clarify anything within this proposal.

Sincerely,

Dr. Gina Dunckel

Gina Dunckel, Psy.D., P.L.L.C.

About Gina Dunckel Psy.D., P.L.L.C.

The Team



Dr. Dunckel is a licensed psychologist in the state of Texas and is vetted through PSYPAC to practice telehealth psychology in over 38 states. She attended the Illinois School of Professional Psychology in Chicago where she received a Master's degree and Doctorate in Clinical Psychology after completing her internship at the Valley Coastal Bend VA. She has extensive experience treating post-traumatic stress disorder, anxiety, sleep disorder, pain management, critical incidents, and adjustment to life's changes (e.g. divorce, job change). In her private practice, she exclusively works with first responders and veterans. Currently, Dr. Dunckel is working with multiple fire departments to build strong preventative mental health programming and provide consultation to their peer support teams. Dr. Dunckel utilizes an integrative approach of cognitive behavioral and client-centered therapy to promote change. She has been trained in many cognitive-behavioral techniques including mindfulness and is certified in Eye Movement Desensitization and Reprocessing (EMDR). She also holds a certification in First Responder Counseling.

Services

After Action Session (AAS; somatic-sensory stabilization):

Symptoms that somatic-sensory stabilization works for members who are: suddenly panicked, dreading going to work, unwanted-disturbing thoughts or memories, inexplicably tense or wound up, avoiding memories/thoughts/feelings, feeling as if something awful is about to happen, irritable, isolated from those around them, struggling to sleep or concentrate, having difficulty experiencing happiness or joy.

A somatic-sensory stabilization intervention to help reduce the symptoms of Acute Stress by changing how vividly and emotionally charged an experience is stored in the brain. When the events are thought about in the future, they feel more like "just memories" without the previously associated distressing emotions and somatic symptoms.

A stabilization intervention is conducted within a **group** of up to 8 people without peer support present. The group can be larger if peer support is present during the group.

An individual stabilization intervention can also be conducted individually without peer support present.

An After Action Session is provided by a licensed mental health therapist that utilizes a stress stabilization technique that has been used in various crisis situations throughout the world and has extensive research.

AAS is not group therapy, stress management, or debriefing. There is no talking during the session, therefore, no verbal processing is done within the group and Dr. Dunckel is unaware of the content of each member's work. She is only aware of the member's level of distress in the moment. AAS is completely confidential. After each session members take their materials with them, are asked about suicidal and homicidal thoughts/plans/intent and whether follow-up with a provider or peer is needed. AAS is designed to reduce or eliminate disturbing emotions, images, thoughts and sensations rather than teaching coping skills.

Psychoeducation/ Presentations:

Psychoeducation/presentation topics and duration are created to meet the need of the fire department membership. Presentations are traditionally 60-120 minutes. Possible topics for members are: PTSD 101, mindfulness, self-care, therapy 101, psychological first aid, communication skills, sleep hygiene, substance abuse, marriage, coping skills. Possible topics for Peer Support: processing personal reactions, self-care as a peer support, handling strong emotions during a debrief. All sessions can be in person or via online platform.

General Consultation:

General Consulting regarding mental health questions, critical incident response and triage of fire department members regarding mental health.

Peer Support Consultation:

Peer Support Consultation regarding mental health questions or concerns, peer support trainings, guidance during peer support team activities, guidance critical incident response and triage of fire department members regarding mental health crisis.

Service Estimate

Title/Description	Cost	Unit	Qty	Subtotal
<input type="checkbox"/> Psychoeducation and Presentation	\$500.00		0	\$0.00
Psychoeducation and presentation programs are tailored to the request of the department and peer support team.				
Psychological First Aid and PTSD 101: Review of Acute Traumatic Stress Disorder and Post Traumatic Stress Disorder, Critical Incident, and Natural Recovery from trauma.				
Physiological and psychological symptoms of prolonged exposure to stress and critical incidents are reviewed. During the presentation practical application of coping skills to combat stress, address basic sleep hygiene, psychological resources, and direct communication regarding suicide are discussed.				
Location: Location decided by Laredo Fire Department or via an online video platform upon request and level of appropriateness based on topic.				
Time: Each workshop is between 60-120 minutes or based on time allotted.				
Group Size: Unlimited.				
<input type="checkbox"/> After Action Session	\$250.00		0	\$0.00
After Action Session is a somatic-sensory stabilization protocol that is evidence based. Can be conducted in a group or individual setting.				
Location: Location decided by Laredo Fire Department or via an online video platform.				
Time: Each session is between 60-120 minutes.				
Group Size: Up to 8 people unless a trained peer support member attends. Each peer support person that attends can add six additional members to the group.				
<input type="checkbox"/> Consultation by hour	\$250.00		0	\$0.00
Dr. Dunckel will review department policies, work with administration or union to create mental health programming, provide support and guidance regarding mental health of membership and provide guidance during critical incidents.				
<input checked="" type="checkbox"/> Peer Support Consultation by hour	\$250.00		30	\$7,500.00

Peer Support Consultation:

Dr. Dunckel will provide: review peer support protocols, peer team concerns regarding mental health questions or best practices for a peer support team, peer support trainings, guidance

during peer support team activities, guidance critical incident response and triage of fire department members regarding mental health crisis.

- 5 hours for 6 months

* Once team is built the hours can be reduced to 2 per month for Peer Support Team maintenance.*

If all are not used they can be rolled over to the next month or left unused depending on the department.

***If request for Dr. Dunckel to attend Peer Support Team Training additional fees may accrue this will be determined by the department. ***

<input type="checkbox"/> Travel and Clinic Closure Fee	\$500.00	0	\$0.00
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Flat fee of \$500 for travel up to 200 miles to and from the office of Gina Dunckel, PsyD. PLLC.

Beyond 200 miles, additional fees may apply.

<input type="checkbox"/> Clinic Closure Fee	\$200.00	0	\$0.00
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Clinic closure fee of \$200 per hour is based on hours Dr. Gina Dunckel PsyD, PLLC psychological clinic is closed to travel or to conduct requested services.

Total Services	\$7,500.00
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By signing and accepting this proposal the department agrees to all services and fees in this proposal.