



Policies and Client

Information.

Benefits and Risks of Therapy:

Psychotherapy is a process in which you and I discuss a variety of issues, events and experiences for the purpose of creating positive change so you can experience your life more fully. Participating in therapy may result in a number of benefits to you, including, but not limited to, reduced stress and anxiety, a decrease in negative thoughts and self-sabotaging behaviors, improved interpersonal relationships, increased comfort in social, work, and family settings, increased capacity for intimacy, and increased self-confidence. There is no guarantee that therapy will yield any or all of the benefits listed above.

Participating in therapy may also involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. The process may evoke strong feelings of sadness, anger, fear, etc. The issues presented by you may result in unintended outcomes, including changes in personal relationships. During the therapeutic process, many clients find that they feel worse before they feel better. This is generally a normal course of events. Personal growth and change may be easy and swift at times, but may also be slow and frustrating. Please address any concerns you have regarding your progress in therapy with me

Appointments:

Your appointment time is reserved especially for you. Therapy sessions are normally 45-60 minutes. If you are late for your appointment, your time will be limited to the time remaining from your scheduled appointment. You will still be responsible to pay for the full session.

Cancellations must be made at least 24 hours in advance. If this does not occur, or you do not show for your scheduled appointment, you are responsible for a \$25 fee. After 2 missed appointments you will be required to pay in full in advance for your next scheduled appointments. Regular attendance is recommended to insure continuity and to enhance the effectiveness of the therapy.

Privacy and Communication:

I will do my best to return calls within 48 hours. Please be aware that while you may communicate with me by email, I cannot guarantee the confidentiality of email communication.

If you have an emergency or crisis call 911



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Professional Fees and Payments:

We will discuss and establish our fee at the beginning of treatment, and any fee change will be negotiated in good faith. Payment is expected at the beginning of each session unless we have agreed otherwise.

Telephone consultations: Telephone consultations may be suitable or even needed at times in your therapy. If so, you will be charged your regular fee, prorated over the time needed. Insurance companies rarely pay for telephone consultations, so these charges will be billed directly to you. If your therapist needs to have long telephone conferences with other professionals as part of your treatment, you will be billed for these at the same rate as for regular therapy services. If you are concerned about any of this, please be sure to discuss it with your therapist in advance so we can set a policy that is comfortable

Balances more than 120 days overdue may be subject to collection through the use of a collection agency. However, I will first attempt to make other arrangements with you as needed. In general, it is important to discuss with me any issues that arise in connection with our financial arrangements, so that they do not hinder our working relationship

Health Insurance Claims:

I will file a claim for services. All Insurance claims require a disclosure of a diagnosis and may require revealing other Mental Health information. If you do not wish for this information to be shared, a private pay fee will be negotiated and contracted for. You are responsible for contacting your insurance, knowing your co-pays and deductibles and ensuring services are in network. You will be financially responsible for any denied claims.

Privacy and Confidentiality:

Your medical records are protected from disclosure under both state and federal laws relating to mental health services. Conversations are held in strict confidence unless otherwise provided for by state or federal regulations such as: You are a danger to yourself or to others, or a child is endangered. If I need to consult with someone (this could be your PCP, a psychiatrist or other provider in your life or parent/guardian if you are a minor) regarding your treatment, you will be asked to sign a release form that will clearly identify the information to be exchanged, the parties involved in the exchange, and the reason for the communication.