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Consent to Treatment

You have decided to embark on a powerful journey known as psychotherapy, a decision of strength and courage.. Know that we consider the psychotherapeutic relationship to be one of sacred trust. This letter serves to inform you about the therapeutic process, give you some information and answer questions about the professional relationship between therapist and clients.

Psychotherapy cannot insure the successful resolution of the issues you bring to it. Human beings are far too complex and life is too uncertain. However, it is our experience as therapists that most people can gain some value from the therapeutic process. Know that as we journey together new, often unforeseen destinations may appear. The therapeutic process may not only affect you, but also relationships, work and other areas of life. There are alternatives and many adjuncts to psychotherapy. These include, but are not limited to, medications, support groups and complimentary modalities. I will be happy to discuss any alternatives you want to consider at any time.

I have a number of client expectations about the professional relationship we embark on with each client. I expect you to keep your appointments. Please remember that someone else may want this time. Please give the other clients, their obligations, relations and your therapist the courtesy of a **24 hour notice if you must cancel an appointment; otherwise, you will be charged \$75.00 for this time.** I do consider broken appointments individually and understand that emergencies do arise. However, insurance does not pay for broken appointments and that time lost could have been offered to someone else.

My current fee is \$110.00 per session for online and face to face clinical services. I do have a sliding scale depending on your household income. Payment for your session is due at the time of service. I accept cash, personal checks, and credit cards. I work with a number of insurance companies via managed care contracts and I am responsible for filing claims for our services. I use Paypal to bill the copay if you are using insurance. Other insurance plans (out of network) are accepted but you may be required to pay the difference. Payment arrangements are discussed during your initial session.

I also charge for our time when you require written correspondence. This is billed according to the amount of time utilized with a minimum fee of \$40. This would include correspondence such as letters to other practitioners, disability applications, etc. Insurance will not pay for correspondence. I do not charge for customary insurance filing. Telephone consults are also billed at regular rates. The first 5 minutes I consider a professional courtesy to our relationship; thereafter, the time is billed at regular rates to the nearest quarter hour. Sessions are 45 to 50 minutes in length.

My appointment times are generally on the hour from 8 AM to 6 PM. PST. I do make earlier and later appointments depending on the circumstances. You may reach me via telephone/voicemail during regular office hours. I try to return your call as soon as possible. Calls left for me after 5 PM PST will be returned the following business day at the earliest.

If you are in a life and death emergency situation dial 911 for assistance or go immediately to your local emergency department.

Although the client-therapist sessions will be intimate psychologically, it is important for you to understand that the client-therapist relationship is professional and not social. All contact will be limited to sessions you arrange with your therapist. Sessions are usually held in one of our offices. If you should encounter your therapist outside of the office, I will speak with you only if you initiate the contact; this allows you to maintain the privacy of your psychotherapeutic relationship. Please do not invite me to social gatherings (including, but not limited to, parties, weddings, business meetings, etc.), offer gifts, or ask them to relate to you in any way other than the professional context of our therapy sessions. Although this may seem artificial and/or awkward, it is the best way to promote a good psychotherapeutic relationship.

Your sessions should focus on your concerns exclusively. You will learn a great deal about your therapist the longer you work together; I may occasionally share experiences and struggles with some regularity as models for clients. Nonetheless, you will still be experiencing the therapist in a professional role solely. I will keep confidential anything you say with the following exceptions: a) you direct the therapist to speak about you with someone, b) The therapist determines that you are a danger to yourself or others, or c) there is evidence of child or elder abuse. In the event of the latter two exceptions, the therapist will contact family, friends, Child Protective Services and/or law enforcement authorities to attempt to prevent harm from coming to anyone.

I attend peer consultation with colleagues biweekly and meet in a consultation group once a month. They may discuss the work occurring in your session in these sessions while maintaining your anonymity.

Due to the importance of maintaining confidentiality inclusive of electronic communications, I use encrypted programs to communicate with you. I use a HIPPA compliant texting system called **qliqsoft** (<https://www.qliqsoft.com/>) I also have an encrypted email program that is attached to my gmail account. It is called **Virtru** (<https://www.virtu.com/>) I chose both these comprehensive systems because they are both accessible for your phone as an app at no cost to you. It is not only ethically but legally mandated that I protect your information. I appreciate your compliance in using these systems.

I do hereby seek and consent to take part in the treatment provided by this agency. I understand that developing a treatment plan with this therapist and regularly reviewing our work toward the treatment goals are in my best interest. I agree to play an active role in this process. I understand that no promises have been made to me as to the results of treatment or of any procedures provided by this therapist.

I am aware that I (or my child) may stop treatment with this therapist at any time. I understand that I may lose other services or may have to deal with other problems if I stop treatment. (For example, if my treatment has been court-ordered, I will have to answer to the court.)

I am aware that an agent of my insurance company or other third-party may be given information about the type (s), cost (s), and providers of any services I receive. I understand that if payment for the services I receive here is not made, the therapist may stop treatment. My signature below shows that I understand and agree with all of these statements. I have been given the opportunity to ask questions regarding this information.

Signature of Client (or person acting for client)

Date

Relationship to Client

I, the therapist, have discussed the issues above with the client (and/or his or her parent, guardian, or other representative). My observations of this person's behavior and responses give me no reason to believe that this person is not fully competent to give informed and willing consent.

Signature of Therapist

Date

Client Name _____