

CONSENT TO TREATMENT

Welcome to our practice. Please read the parts of this document that apply to you carefully and feel free to ask questions.

PSYCHOLOGICAL SERVICES

Psychotherapy has been shown to have benefits. It often leads to better understanding of one's self, better relationships, to resolution of specific problems, and to significant reduction in feelings of distress. Therapy is a joint effort, however, the results of which cannot be guaranteed. Attempting to resolve the issues that brought you to psychotherapy requires an active effort on your part. It may be uncomfortable at times, and may result in changes that were not originally intended.

The first few sessions will involve an evaluation of your needs and a discussion of treatment goals. You can evaluate this information and decide whether you feel comfortable working with your therapist. If you have questions about his or her procedures, you can discuss them whenever they arise. If your doubts persist, or if at any time you or the therapist decide that he/she is not the best person to provide services which you need, the therapist will help you with referrals for appropriate consultation with, or referral to another mental health professional.

CONFIDENTIALITY

All information between a client and a therapist is confidential with the following exceptions:

1. The client (or parent/guardian of a minor client) authorizes release of information with a signature
2. The client represents a physical danger to self or others.
3. There is a reasonable suspicion of child or elder abuse or neglect.
4. The client (or parent/guardian of a minor client) makes an issue of therapy or mental status in a legal proceeding.
5. In the unlikely event of collection of an overdue account.

You should be aware that most insurance agreements require you to authorize your therapist to provide a clinical diagnosis, and sometimes additional clinical information, such as a treatment plan or summary, or in rare cases, a copy of the entire record. Insurance companies have confidentiality regulations of their own, but your therapist has no control over what they do with this information.

Once you and your therapist have all of the information about your insurance coverage, your therapist will discuss what you can hope to accomplish with the benefits that are available, and what will happen if the insurance benefits run out before you feel ready to end your sessions. It is important to remember that you always have the right to pay for your therapy yourself and avoid the complexities described above.

CONTACTING YOUR THERAPIST

Each therapist has a voice mail number, which may be used 24 hours a day. In case of an emergency, day, night or weekend, please call 521-3500 and be sure to select the option to talk to someone directly. Tell the person answering that your call is an emergency; they will attempt to reach your therapist. In case your therapist is not available, or if you choose not to wait, call the Alameda Crisis Line at 800-309-2131.

CANCELLATION POLICY

To cancel or reschedule an appointment, a 48-hour notice is required or you will be charged for the appointment. Insurance companies generally do not pay such charges; so you will be responsible for the entire fee – not just your co-payment amount. A voice mail message to your therapist’s mailbox is sufficient to meet this requirement.

Please Initial

By signing this document, you acknowledge that you read this document and agree to abide by its term during our professional relationship.

Name (please print)

Signature

Date