

Informed Consent for Psychotherapy

Welcome to my practice. This document contains important information about my professional services and business policies. Please read it carefully, and feel free to ask any questions you have. When you sign this document, it will represent an agreement between us.

PSYCHOLOGICAL SERVICES

I am a licensed clinical psychologist with a doctoral degree in clinical psychology, and I provide a range of psychotherapy services including assessment, psychotherapy and consultation. Psychotherapy is a process where growth, experiences, histories, challenges, environmental stressors, and systemic barriers are assessed, explored, and addressed. There are many different methods I may use to approach whatever you hope to address. This process is collaborative, and I encourage your active participation.

Psychotherapy can have benefits and risks. Since therapy often involves discussing difficult aspects of your life, history, and environment, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, and overwhelm. Psychotherapy has been shown to have benefits for people who go through it. I aim for therapy to lead to more connected relationships with yourself and others, finding resolution for specific problems, comfortable expression and acceptance of who you are, and feelings of comfort and relief.

CONFIDENTIALITY

I strive to protect the confidentiality and privacy of everybody I work with. In general, the privacy of all communications between a client and a psychologist is protected by law, and I can and will only release information about our work to others with your written permission. If it feels appropriate for me to talk to somebody in your world (partner, health care provider) we can complete a written release and discuss goals for the chat. However, there are a few exceptions.

In most legal proceedings, you have the right to prevent me from providing any information about your treatment. In some proceedings involving child custody and those in which your emotional state is an important issue, a judge may order my testimony if deemed necessary.

There are some situations in which I am legally obligated to take action to protect you and others from harm, even if I have to reveal some information about you. If this occurs, I am required to contact the appropriate agency. I will always inform you about the process and work with you as we go through the process of the report.

-If you describe abuse towards a child, elderly person, or disabled person

- If you describe thoughts of engaging in serious bodily harm towards another
- If you discuss engaging in or considering acts of serious harm or death aimed at yourself
- If you disclose that you or others have accessed, streamed, or downloaded material where a child is engaged in an obscene sexual act

Sometimes we might discuss activities that are defined by our systems as illegal or might be deemed by some as high risk, such as use of substances, or sex work. I will always adhere to the above confidentiality policies and will not disclose any information you share unless required by law. In those events, I will limit my discussion of any activities that challenge our systems unless you consent to me doing so and we have a good reason for these disclosures.

I may occasionally find it helpful to consult other professionals. During a consultation, I make every effort to avoid revealing the identity of my client. The consultant is also legally bound to keep the information confidential. If you don't object, I will not tell you about these consultations unless I feel that it is important to our work.

I work with another therapist, Tim Lewis, Psy.D., as a back-up therapist. If I am ever ill or unable to attend an appointment and contact you directly, he may contact you to inform you of the change and next steps in re-scheduling. In the case of an emergency, Dr. Lewis may have limited access to your information for the sole purpose of maintaining your confidentiality and preserving any records on your behalf. All attempts will be made to discuss any disclosures with you beforehand, though given the unexpected nature of health crisis' and other emergencies, I cannot guarantee such notice will be given. I can offer contact information for Dr. Lewis if I am away for an extended period of time. He will be able to offer assistance and support if you are experiencing a crisis or concern while I am away.

Additionally, I work with a billing person, Beth Jonasson, to make sure that my records accurately reflect what has been paid. Beth has access to your name, and if you use insurance, your address and diagnosis so she can track billing matters. She does not have access to your records or any other personal information.

Divergent Worlds Psychotherapy and Consulting is my private practice. Some record keeping and payment tools we use may occasionally display limited demographic details about you. No personal history or information is ever available to any other practice member. Your information will be held as confidential and we all significantly limit access to shared information.

If you have any questions about any of these confidentiality matters you are welcome to ask for more information, or about ways that this might impact you.

MEETINGS

I will usually schedule one 50-minute session per week at a time we agree on, although the frequency can vary depending on need. Once an appointment hour is scheduled, you will be expected to pay for it unless you provide 48 hours [2 days] advance notice of cancellation.

If you are paying for services through an insurance company, know that cancelled sessions are not covered by insurance plans in most situations. You will be expected to pay the full contracted rate if you have not cancelled in the 48 hour period. Beacon/SFHP insurance does not allow for paying the fee for a late cancelled appointment. If you use Beacon, we can communicate about missed fees and create a plan if more than 3 occur.

FEES

Full fees for intake interview and individual 50-minute therapy sessions are based on my sliding scale rates. I may also charge a portion of this fee for other professional services you may require (such as telephone conversations which last longer than 15 minutes, letters, meetings or consultations that you have requested with other professionals, etc.). In some circumstances, you may become involved in litigation wherein you request or require my participation. You will be expected to pay for such professional time even if I am compelled to testify by another party.

Payment for each session is due at the time that it is held. Payment schedules for other professional services will be agreed to when these services are requested. If your financial circumstances change, we may negotiate a fee adjustment and you are encouraged to ask at any time if you are thinking about raising or lowering the fee.

For remote sessions, I will issue an invoice or charge a credit card. Credit card charges will be processed immediately and can be reversed if needed. Invoices have a 14-day period for payment to allow you time and space to pay, and ideally are paid after the session occurs.

I accept payment via cash, check, or credit card. I will always aim to ensure that any payment is done as securely as possible. For credit card processing I use Ivypay. Ivypay is a secure, HIPAA compliant service that allows us to have a credit card on file and automatically charge for sessions after we meet. I will enter in our session and you will receive a text message notice from "Ivy" then you complete the transaction. We can choose to use it regularly, or just to cover sessions if we can't cover them in the moment.

INSURANCE

If you have a health benefits policy, it will usually provide some coverage for mental health treatment. I will provide you with any assistance possible to facilitate your receipt of the benefits to which you are entitled, including completing insurance forms as appropriate. However, you (not your insurance company) are responsible for full payment of the fee. If your plan is Beacon/SFHP, there is no co-pay or additional fees, however they have a yearly insurance renewal process that must be completed in order to be applied for our sessions.

If you have insurance, you can review the mental health section in your insurance coverage booklet and call your insurer if you have any questions. Managed health care plans such as HMOs and PPOs often require advance authorization before they will provide reimbursement for mental health services. These plans are often oriented towards a short-term treatment approach designed to resolve specific problems that are interfering with level of functioning. Although a

lot can be accomplished in short-term therapy, many clients feel that more services are necessary. If this is the case we can discuss our options, including applying my sliding scale fee.

Most insurance plans require you to authorize me to provide a clinical diagnosis, and sometimes additional clinical information such as treatment plans or summaries, or in rare cases, a copy of the entire record. This information will become part of the insurance company's record. All insurance companies aim to keep such information confidential, but once it is in their hands, I have no control over what your insurer will do with the information. In some cases, the insurer may share the information with a national medical information data bank. The Medical Information Bureau (MIB) is a central database of medical information shared by insurance companies. The MIB does not have a file on everyone, but if you have an MIB file, you can review it for accuracy. You can obtain a copy for free once a year by calling (866) 692-6901 (TTY for the hearing impaired (866) 346-3642) or by visiting the company's web site at www.mib.com/html/request_your_record.html.

As we begin, we can discuss your insurance coverage so we can decide what can be accomplished within the parameters of the benefits available to you, what will happen if your benefits change, and how you can receive fee reimbursement if possible. You always have the right to pay for counseling services yourself if you prefer to avoid involving your insurer.

CONTACTING ME

You can contact me using telephone, email, or text. I will do my best to quickly respond whenever possible, and I will make every effort to return your contact on the same day you make it, with the exception of weekends and holidays. Text is OK for schedule changes, and phone or email are preferred for more detailed contact. If you have contact and scheduling preferences, please inform me of the best way to contact you and times when you will be available. If you are unable to reach me and feel that you can't wait for me to reply, contact your primary care provider, a friend, or a support line.

PROFESSIONAL RECORDS

The laws and standards of my profession require that I keep treatment records. You are entitled to receive a copy of the records unless I believe that seeing them would be emotionally difficult, in which case I will be happy to send them to a mental health professional of your choice. I recommend that you review them in my presence so that we can discuss the contents. You may be charged a portion of my fee for any time spent in preparing information requests.

COUPLES AND MULTI-PARTNER THERAPY

Relationship therapy can create significant improvements when connecting to other people, and to ourselves. The outcome of the therapy may be increased satisfaction and connection with a partnership or increased clarity about the decision to part ways.

I typically work with all partners together in the room at the same time. This maintains a space where everybody gets equal time and space. For those occasions where we may meet

individually, I typically ask that the other partner(s) have the opportunity for a one on one session to maintain the balance in our work. I always aim for couples therapy to be a place where each partner can feel comfortable disclosing what they are feeling and experiencing. Sometimes, this is a work in process and something we will build up to, or something that doesn't feel safe. Each partner is encouraged to address challenges directly and share concerns with all partners in the course of treatment. If a partner shares something with me privately in the process of trying to work through and disclose an issue, I will not disclose these details without consent. This might bring up feelings of secrecy for the other partner, and we can talk about this as it arises.

The couple or relationship is responsible for paying the fee, and the fee can be split in a way that feels comfortable for all partners. If partners have individual therapists, I might ask to reach out and see how we can all collaborate together. If this is the case, each partner can sign a release of information so that we are all aware that conversations will take place and are all in agreement as to what will be shared.

MINORS

If you are under eighteen years of age, please be aware that the law may provide your parents the right to examine your treatment records. It is my policy to request an agreement from parents that they give up or minimize access to your records. If they agree, I will provide them only with general information about our work together, unless I feel there is a high risk and sharing some details would assist you in accessing safety. I will also provide them with a summary of your treatment when it is complete. Before giving them any information, I will discuss it with you, if possible, and do my best to address any objections you may have with what will be discussed.

PHYSICAL HEALTH

Psychological symptoms often have a correlation with physical illnesses and symptoms. It may be helpful to work with a health care provider to address them as you also address mental health. Sometimes, prescription and non-prescription medications can have significant side effects that may be important for us to consider. I appreciate disclosure of all medicines and drug intake so we can track and identify your experiences together. I may request a release of information so that I can coordinate services with your physician. At times I may suggest that it could be helpful to speak with a health care provider to address symptoms that appear to be impacting you.

ENDING THERAPY

Taking a break from or ending psychotherapy may be initiated by a client at any time. At least one week notice is suggested so that a final session can be scheduled to explore the reasons for closing, summarize treatment, say goodbye, etc... The timeline for closure can vary, from one session to several months depending on our length of time together, our goals, and the reasons for ending. This is usually a constructive and useful process even if it feels uncomfortable.

Please feel free to ask any questions that you might have. I look forward to working with you.