

CONSENT FOR SERVICES

THE THERAPY PROCESS

Therapy is a collaborative process where you and I will work together on equal footing to achieve goals that you define.

After reviewing policies and procedures and talking about fees, we will discuss what to expect during therapy, including the type of therapy, the length of treatment, and the risks and benefits. As of January 1, 2022, The No Surprise Act requires that we discuss fee for service and anticipated length of treatment so that there are no surprises around the cost of psychotherapy.

Over time, you and I will review your therapy to be sure it addresses your goals and discuss the steps you need to take. Participation in therapy is voluntary - you can stop at any time. At some point, you will achieve your goals. At this time, we will review your progress, identify supports that will help you maintain your progress, and discuss how to return to therapy if you need it in the future.

TELEHEALTH SERVICES

To use telehealth, you need an internet connection and a device with a camera for video.

- **Technology.** At times, you could have problems with your internet, video, or sound. If you have issues during a session, you and I will follow the backup plan that we agree to prior to sessions.
- **Crisis Management.** It may be difficult for me to provide immediate support during an emergency or crisis. You and I will develop a plan for emergencies or crises, such as choosing a local emergency contact, creating a communication plan, and making a list of local support, emergency, and crisis services.
- **Benefits**
 - **Flexibility.** You can attend therapy wherever is convenient for you.
 - **Ease of Access.** You can attend telehealth sessions without worrying about traveling, meaning you can schedule less time per session and can attend therapy during inclement weather or illness.
- **Recommendations**
 - Make sure that other people cannot hear your conversation or see your screen during sessions.
 - Do not use video or audio to record your session unless you have my permission in advance.
 - Make sure to let me know if you are not in your usual location before starting any telehealth session.

CONFIDENTIALITY

I will not disclose your personal information without your permission unless required by law. If I must disclose your personal information without your permission, I will only disclose the minimum necessary to satisfy the obligation. However, there are a few exceptions.

- I may speak to other healthcare providers involved in your care.
- I may speak to emergency personnel.
- If you report that another healthcare provider is engaging in inappropriate behavior, I may be required to report this information to the appropriate licensing board. I will discuss making this report with you first and will only share the minimum information needed while making a report. If I must share your personal information without getting your permission first, I will only share the minimum information needed. There are a few times that I may not keep your personal information confidential.
- If I believe there is a specific, credible threat of harm to someone else, I may be required by law or may make my own decision about whether to warn the other person and notify law enforcement. The term specific, credible threat is defined by state law. I can explain more if you have questions.
- If I have reason to believe a minor or elderly individual is a victim of abuse or neglect, I am required by law to contact the appropriate authorities.
- If I believe that you are at imminent risk of harming yourself, I may contact law enforcement or other crisis services. However, before contacting emergency or crisis services, I will work with you to discuss other options to keep you safe. I do not participate in divorce proceedings.

RECORD KEEPING

I am required to keep records about your treatment. These records help ensure the quality and continuity of your care, as well as provide evidence that the services you receive meet the appropriate standards of care.

COMMUNICATION

You decide how to communicate with me outside of your sessions. You have several options:

- Texting/Email
 - Texting and email are not secure methods of communication and should not be used to communicate personal information. You may choose to receive appointment reminders via text message or email. You should carefully consider who may have access to your text messages or emails before choosing to communicate via either method.
- Social Media/Review Websites
 - If you try to communicate with me via these methods, I will not respond. This includes any form of friend or contact request, @mention, direct message, wall post, and so on. This is to protect your confidentiality and ensure appropriate boundaries in therapy.
 - I may publish content on various social media websites or blogs. There is no expectation that you will follow, comment on, or otherwise engage with any content. If you do choose to follow your Provider on any platform, they will not follow you back.
 - If you see me on any form of review website, it is not a solicitation for a review. Many such sites scrape business listings and may automatically include me. If you choose to leave a review of me on any website, I will not respond. While you are always free to express yourself in the manner you choose, please be aware of the potential impact on your confidentiality prior to leaving a review. It is often impossible to remove reviews later, and some sites aggregate

reviews from several platforms leading to your review appearing other places without your knowledge.

FEES AND PAYMENT FOR SERVICES

- No-Show and Late Cancellation Fees

If you are unable to attend therapy, please discuss with me and we will work towards a reasonable solution.

- Full payment is due at the time of your session.