



Thank you so much for allowing me the opportunity to earn your trust in the brief or long partnership of psychotherapy. The following are the tenets of practice which you have a right to know and hopefully will find agreeable.

Your Therapist:

**5420 Klee Mill Road, Suite 6
Sykesville, MD 21784**

License-

I am engaged in providing mental health care services to clients directly and as an independent provider for various insurance companies. I am not licensed to prescribe any medication or to give medical advice nor am I licensed to perform psychological testing or to interpret results of such testing.

Services:

Counseling and/or psychotherapy are often used interchangeably and can be overlapping. In General, counseling more involves giving suggestions based on professional experience and opinion while psychotherapy is a process of change over patterns of behavior in which the therapist utilizes a variety of theories and techniques to create a change environment from deep within the individual. Due to the unique nature of each person in his/her environment, it is difficult to know the number of sessions necessary to achieve a goal.

Confidentiality:

Within the special relationship of client/therapist are important boundaries. As a therapist, I am committed to protecting the client. I have duties to keep our work confidential and will honor that except in the following situations:

- 1) That the client wishes to use insurance to pay all or part of therapy and the insurance employs a case management service to authorize or approve sessions and requires clinical information to do so. Written consent will be obtained prior to such disclosure.
- 2) That the client requires services beyond which I can provide and there is a need for me to communicate with other professionals that will be involved such as medical doctors, school systems, other therapists, etc. Written consent will be obtained prior to such disclosure.
- 3) That the client becomes a danger to self or to others, or has committed certain criminal acts and



the law requires breaching confidentiality.

4) When a court subpoenas case records and there is legal obligation to comply. No further written consent will be required beyond your signature that you have read this.

Boundaries:

The professional relationship between the therapist and client can be a very close one and thus needs to be guarded. Sessions are generally 50 minutes in length and are billed at the rate of \$_____/session. Payment is due at the time of service unless an agreement is made in advance to use an insurance in which case a copayment is due at the time of the session. Pay can be made in the form of cash, check, or credit card (if therapist has that capability). The client will be informed ahead of session what that amount will likely be, but no guarantee is made to accuracy as insurance benefits quoted prior to service versus after the claim has been processed may differ. The therapist asks for at least 24 hour notice if the client wishes to cancel an appointment or a fee may be charged, but consideration can be made for emergencies or illness. Please note that insurance companies, by law, are not liable for missed appointments or appointments not canceled in time. Sometimes a client can be late for a session and it is important to understand that the 50 minute session begins at the scheduled time and not when the client arrives. A client is encourage to arrive accordingly and a waiting room is available.

Telephone and e-mail communications not related to scheduling issues are part of the psychotherapy and thus may be considered billable time, so the use of these contacts will need to be discussed and agreed upon in advance between the client and therapist.

Other areas that need billing clarification are reports, forms, out of office appearances, and in some cases, consultations with other professionals. Most of these contacts are happily done without the need to bill but the therapist reserves the right to discuss this as needed with the client.

How therapy works:

The therapist is trained in the field human development and behavior and has learned the diagnostic symptoms of dysfunction. It is the goal of the therapist to use that knowledge in helping the client to achieve a happier, more fulfilled life, and this goal can be quite complex considering the many types and causes of dysfunction that can occur. The therapist uses many types of theories and operates out of a particular framework or combination of frameworks to achieve healing or improvement in the fastest time with the least discomfort. However, it is important to note that there exists unconscious processes that make change painful, frightening, or slow, and an array of emotions can crop up that can be and should be discussed between the client and therapist.