

Informed Consent

Welcome to my practice

It is important that you begin your therapy process by feeling comfortable with your choice of therapist as you will be investing a great deal of your time, energy, and money. The more optimistic you feel about therapy, the better the likelihood of a successful outcome.

The Therapy Process

Psychotherapy is a process of healing, growth, and change. It is a journey we embark on together which can lead to many personal benefits, including symptom reduction. My role is similar to that of a trainer or a coach, except in this case, I will be helping to facilitate your continued emotional and psychological development. This will require a commitment from both of us along with your willingness to be honest and open with me about your experiences and feelings, even if they may be negative.

I am committed to providing a safe emotional presence that will allow you to explore issues and relationships from the past and present in order to gain insight and continue to grow. My theoretical orientation is primarily psycho dynamic, cognitive behavioral, and educational, although I incorporate other theories as needed for effective treatment. What this means is that I focus primarily on the how and the why of the thinking process and its effect on emotional health and maturity. I believe strongly in the power of effective communication and personal boundaries.

The length of time required will depend on the types of issues or problems involved, your motivation, and the frequency of the sessions. The end of therapy is an important part of the process, allowing us an opportunity to reflect on your progress and growth, and to work through reactions and feelings around endings and losses.

Risks and Benefits of Treatment

It is my goal that, through the interpersonal connection we make and the effort you put forth, that you may achieve some of the following benefits:

- Restored vitality and hope
- Symptom relief
- Decrease in distressing behaviors
- Ability to self soothe without substances
- Increased capacity to identify understand, and name feelings, needs, and longings
- Increased self esteem and ability to stay true to your subjective experience
- Restored trust in the ability of others to be there and to respond with understanding

Although I am available for short term work, I specialize in long term, depth psychotherapy which may result in uncomfortable and unanticipated experiences, feelings, or outcomes, such as:

- Temporarily increased depression or anxiety
- Anger, sadness, grief, guilt
- Changes in values and beliefs
- Separations
- Changes in employment, lifestyle, or marital status

All choices regarding changes in life circumstances are up to you and are your responsibility. It is important to recognize that it is not uncommon to feel worse initially before you begin to feel better. This is deep work you are doing.

Consultations

If, during the course of therapy, it appears that you would benefit from some type of adjunctive treatment, e.g. medication, group work, or medical evaluation, I will assist you with this. I will also coordinate my services with any adjunctive providers to ensure best quality of care.

If the event that you or I feel that therapy is not going well or benefiting you, I will also help you find another qualified therapist for consultation. With your permission, I will also consult with colleagues on an ongoing basis about my work, without revealing any identifying information about you, unless you give me permission to do so in writing.

Office Policies

Confidentiality: Everything you share with me will be kept completely confidential, except in cases where a patient is a danger to self or others, gravely disabled, or there is suspicion of child, elder, or dependent adult abuse. In cases where I am seeking consultation for my work (as discussed above), I will do my utmost to protect your confidentiality by not disclosing any identifying information.

Fees: My fee is \$145.00 for a 55-60 minute office session, to be paid at the beginning of each session, unless other arrangements have been made. If requested, I will provide monthly insurance statements in order that you may submit them to your provider for reimbursement.

Cancellations: Your session time is specifically reserved for you and requires a 24 hour cancellation notice if you are unable to attend. A late cancellation or a failure to show unless it is an emergency will result in being charged for the session in the amount of \$50

Telephone and Emergency Procedures: If you need to contact me between sessions, please leave a message on my voicemail and I will return your call as soon as I can within a 24 hour period. I am not a crisis counselor. In case of an emergency you can dial 911 for immediate attention.

Questions/Concerns: I encourage you to bring up any questions you may have about my policies, my practice, or psychotherapy in general, to my attention.