

Information for Clients

Contract for Individual Psychotherapy

About Individual Psychotherapy

There are many benefits of psychotherapy that I hope you will have the opportunity to experience. Therapy is designed to be a safe, comfortable place where you come to share your problems or concerns, to learn more about yourself, to better understand your own situation, and to experience new ways of handling situations. It is possible therapy will address feelings of anxiety, isolation, or depression. These feelings are often difficult, but ultimately, will hopefully help you make significant changes and improve your quality of life. In order to get the most out of therapy, participation is particularly important. I encourage consistent, regular sessions designed to address topics and goals we develop together. Feedback to the therapist is also a very important tool used in therapy. If you ever feel things should be different in any way, please do not hesitate to give me feedback. If I feel you could benefit from treatment I cannot provide, I will help you get it as well. I encourage a team approach, usually consisting of a dietitian, a medical provider, and possibly a psychiatrist.

About Appointments and Contact Information

Sessions will meet once or twice per week for approximately 50 minutes. I ask that if you are running more than 20 minutes late, please let me know, at that point, I may ask you to reschedule. If you need to cancel, please let me know 24 hours in advance. I understand that there are times when you may not know 24 hours in advance when you need to cancel, so I allow for 1 exception. After that, you will be charged a \$50 "no show" fee. My fees are \$150 for initial intake and \$110 for individual sessions. Payment is due at time of service unless other arrangements are made in advance.

If you need to reach me during the day, you can call my cell phone at (713) 256-1538. If you are experiencing an emergency or crisis, and you cannot reach me, or do not hear back from me right away, please call 911, go to your emergency center, or call crisis hotline at (713) 468 –HOTLINE.

About Confidentiality

All the information you share is always treated with great care. It is your legal right that our sessions and our records about you are kept private. You will be asked to sign a "release-of-records" form before contact is ever made with anyone concerning your health or records. In all but a few rare situations, your confidentiality is protected by state law and by the rules of our profession. Limits on confidentiality pertain to:

- If you make a serious threat to harm yourself or another person, the law requires us to try to protect you or that other person.
- If I believe a minor has been or will be abused or neglected.
- Legal activity resulting from a court order to release information

Statement of Principles and Complaint Procedures

Problems can arise in our relationship, just as in any other relationship. If you are not satisfied with any area of our relationship, please feel free to raise your concerns. Every effort to hear any complaints you have and to seek solutions to them will be made.

Our Agreement

By signing below, you indicate that:

I have read and understand the above information, and agree to participate in treatment with full knowledge, consent, and acceptance of these terms.

Client Signature/Date

Therapist Signature/Date