

Important Policy & Treatment Information



Treatment risks: Participation in psychotherapy can result in a better understanding of your personal goals and values, improved interpersonal relationships, and resolution of the specific concerns that led you to seek treatment. Psychotherapy does involve some risks, including possible experience of intense feelings such as sadness, anger, fear, or guilt. Please remember that these experiences are natural and normal and an important part of the psychotherapy process. Sometimes in psychotherapy, clients choose to make major life decisions including decisions about family, relationships, employment, and lifestyles. Decisions made during the psychotherapy process may result from calling into question old beliefs and values that may bring about changes that were not originally intended. Your therapist cannot guarantee the ultimate outcome to psychotherapy.

Fees & insurance: The individual provider sets treatment fees. If you are using insurance coverage to pay for your therapy, you may still have a co-payment or co-insurance charge due. As a service provider, your insurance company will be directly charged. You are responsible for knowing the limits and specifics, including co-payment amounts and deductibles, of your insurance coverage.

Regardless of your insurance coverage, you are solely responsible for any charges incurred. With most insurance companies, there are procedures you can use to appeal denied charges. If your insurance company denies payment for services, you are responsible for the charges incurred.

Clients who are dependents: As a parent or guardian, you have a right and responsibility to question and understand what occurs in therapy with your child, but please remember that it is also important that your child be able to trust the therapy process. As such, your therapist will use clinical discretion as to what is appropriate disclosure of information. You can expect that the therapist will disclose information to you that is important to your child's progress and your participation in the treatment. If you are the custodial parent in a divorced relationship with your child's other parent, please provide your therapist with a copy of your court custody order.

Confidentiality of Information: You have the right to have a confidential relationship with your therapist. Information revealed by you during the course of psychotherapy will be kept confidential and will not be released to any agency or other person without written

consent. There are important exceptions to confidentiality that are required by law and outlined below:

If you threaten to harm someone else

If you threaten to harm yourself

Where there is any suspected incidence(s) of child abuse, neglect, or molestation

Where there is any suspected incidence(s) of physical abuse of any elder or dependent adult. Therapists must release information subpoenaed by the court as appropriate

It is important to remember that confidentiality of session material cannot be guaranteed by your therapist in a family or couples therapy situation. Please understand that each family member participating in psychotherapy has the same responsibility to maintain confidentiality for the other participating members to ensure the best chance for success.

Appointments & cancellation policies: Services are by appointment only. The length of an appointment is 45-60 minutes. Please give your therapist at least 24-hour notice for any appointments you need to cancel. Because each appointment is reserved specifically for you, it is necessary to charge a late cancellation fee of \$50 for appointments that are cancelled with less than 24-hour notice. I cannot bill your insurance for a missed appointment or late cancellation. You are responsible for missed appointment and late cancellation fees.

Safety advisement & emergency procedures: In case of a life-threatening emergency, please call 911. If you have a psychiatric emergency, please go to the nearest ER. If you have a primary care physician, this person may also be contacted to facilitate emergency psychiatric care. Please call 988 for the Suicide and Crisis Lifeline, this Lifeline is available 24 hours, 7 days per week. It provides free and confidential emotional support to people in suicidal crisis or emotional distress.

Procedure for calling & leaving messages: If you need to reach me, you can call my confidential number 213-437-9386 and leave a message. I will return your call within 48 hours.

Termination of services: Termination of psychotherapy may occur at any time and may be initiated by either you or your therapist. Please contact me if you decide to discontinue your psychotherapy so that you can schedule and meet for a final session. Termination itself can be a very constructive process and we encourage you to discuss any plans to end your treatment as soon as possible. If any referrals are warranted, your therapist will make them at that time.

Your rights: At any time, you may question and/or refuse therapeutic or diagnostic procedures or methods or request additional information regarding procedures. Please do not hesitate to discuss any concerns and/or complaints with me so that we can work toward a resolution. If the issues can't be resolved, your concerns can also be brought to the attention of the California Board of Behavioral Sciences 916-574-7830.

