

## INFORMED CONSENT STATEMENT

### Treatment Philosophy

The following answers some important and frequently asked questions concerning therapy practice. Please read this information carefully and let me know if there is any part you do not understand.

Psychotherapy has both benefits and risks. It also requires an investment of your time and energy in order to make the process of therapy most successful. I will begin with an evaluation of your needs and we will develop and discuss a treatment plan in accordance with your goals. At times, individuals may go through periods in therapy that may result in emotional discomfort, changes in their relationships, or temporary worsening of their symptoms. This should subside as the work progresses. You always retain the right to request changes in treatment or to refuse treatment at any time.

### Health Insurance

If you are using a health insurance benefit as payment for these services, you need to be aware of what this means. Your health plan requires cooperation between client, provider and insurance company to provide services as efficiently as possible. Health insurance companies usually limit mental health coverage to: 1. Services that are determined to be "medically necessary." Medically necessary may be defined as presentation of a covered DSM IV Axis I diagnosis. (These are acute symptoms.)

2. Conditions that can be treated by short-term, problem-focused, goal-oriented approaches wherever possible.

This means your insurance company will cover a limited number of office sessions to work on your problem with the goal of eliminating acute symptoms. I am contracted with your insurance company to provide my services within these conditions. This practice reviews cases for quality assurance. Your case may be reviewed by a utilization review/quality assurance group set up by the insurance company; I will maintain your confidentiality in this process.

### Office Policies

**Appointments:** Sessions are arranged by appointment. Appointments that are missed or cancelled with less than a 48-hour prior notice may be charged at the full fee. Cancellations need to be phoned in to my answering service 48 hours prior to the appt. Email notification is not sufficient for cancellation purposes. If a client is late, this will be assessed and the full fee may be charged. If, because of unavoidable circumstances, an appointment is missed, there is no charge provided the appointment is cancelled at least 48 hours prior to the appointment.

Signature \_\_\_\_\_

Signature of Parent, Guardian or Legal Representative \_\_\_\_\_

Date \_\_\_\_\_