

Policies for Psychotherapy Clients (revised June, 2011)

Behavioral Health Associates

Confidentiality

What we discuss during therapy will be kept private, except under the following conditions:

1. If you are a danger to yourself or others, then I will, as required by law, inform others who can protect your welfare or the welfare of your intended target(s).
2. If your records are legally subpoenaed (rare, except when legal issues are part or all of the reason that you consulted with me).
3. When you use third party coverage (insurance), I will be required to release certain information, such as your diagnosis and perhaps your treatment plan, in order for you to obtain benefits.

General Release for Research

Information from test results, QEEG's, and so on, may be used for research purposes in order to advance knowledge in the field of psychology, to help students complete their doctoral requirements, and/or to document the effectiveness of our practices. In such cases, your name will be removed, and complete privacy will be maintained. Typically, the average results from a group of patients would be used ("the 12 patients averaged a 15 point drop in their depression scores").

Suicidal Behavior

If you are feeling acutely suicidal, you should proceed to the emergency room of your local or preferred hospital. If you decline to go to the hospital when I require you to do so (based on imminent danger) that is grounds for termination of treatment.

Contact between sessions

I can be contacted between sessions at my office or cell phone. I will generally return your call within 24 hours.

If you are in acute distress, we can speak for up to 10 minutes in order to review your coping skills, to help you to pull yourself out of your distressed feelings. If more than 10 minutes are needed, then an extra session can be added as soon as it is mutually convenient.

Missed sessions

You are required to let me know 24 hours in advance if you will be unable to attend a session. You will be permitted to miss one session per calendar year with no consequence (although you should still call as soon as possible). After that, you will be billed in full for any missed sessions, at the rate listed below. Note that insurance companies do not ordinarily reimburse for missed sessions; you will be responsible for the entire amount, not just your usual co-payment.

Billing/Payments

The current rate for psychotherapy is \$300 for a 75-90 minute intake and \$250 per 45-50 minute session. Testing is \$250 per hour. Payment is due at the time of service.

What happens if I fall behind on my payments?

For the first three months of therapy, payment or co-payment must be received prior to the subsequent session. Once therapy has gone beyond three months, if you have fallen behind by 3 or more session’s worth of payments, no further appointments will be scheduled until payment is made. In the event that payments are not received, I retain the right to utilize legal services or collection agencies to obtain proper payment. If you have insurance, unless I am a preferred provider for that insurer, then you are expected to pay at the time services are rendered, and have the insurance company send your benefits to you.

I understand and agree to these policies.

Name (Print)

Signature/Date.