

# Welcome to Torrey Hills Health

## Informed Consent Regarding Outpatient Individual Psychotherapy

Welcome! I am happy to have you as a client and will do everything within my professional capacity to make the treatment as productive as possible. State law requires that psychotherapy clients be provided with information to allow them to make informed decisions regarding participation in psychotherapy.

### **Risks and Benefits of Psychotherapy**

Most people considering psychotherapy are experiencing problems that may be causing personal problems or problems in relationships. The goal of psychotherapy is reduction of such problems. However, some individuals experience an exacerbation of problems or different problems in the course of psychotherapy.

These problems can include flooding of emotions, intrusive thoughts, anxiety, flashbacks, nightmares, panic attacks, self-destructive or angry impulses, depression, suicidality, numbing dissociations, and feelings of disorganization. In some cases, people have difficulty maintaining employment or academic studies, problems in social and family relationships or require hospital care.

### **Confidentiality: Psychotherapy is confidential, with important exceptions:**

1. Information may be released to designated parties by written authorization of clients or legal guardians.
2. Therapists are required to report suspected past or present abuse or neglect of children, adults, and elders, to the authorities, including Child Protective Services, Adult Protective Services and law enforcement, based on information provided by the client or collateral sources.
3. If clients participate in psychotherapy in compliance with a court order, therapists are required to release information to the relevant court, social service, or probation departments.
4. Therapists are required to release information obtained from clients or from collateral sources (other individuals involved in a client's psychotherapy, such as parents, guardians, spouses) to appropriate authorities when such disclosure may help to avert danger to a psychotherapy client or to others, e.g.; imminent risk of suicide, homicide, or destruction of property that could endanger others.
5. Therapists are required to provide information in response to court orders as determined by a judge. In some proceedings, courts order the entire psychotherapy record.
6. Psychotherapists reserve the right to release financial information to a collections agency, attorney, or small claims court, if you are delinquent on paying your bill.

### **Therapy Fees**

- Psychotherapy sessions: \$150.00 per 45 minutes, including any time missed by being late.
- Phone calls exceeding 10 minutes once a week: \$2.00 per minute.
- Missed appointments (cancellations with less than 24 hours notice, unless there is a medical emergency): \$60 first time then \$150 thereafter, per 45-minute appointment.
- Testimony, court appearance, and preparation of written documents, meetings, phone consultations, in legal proceedings initiated by you or others relating to your case: \$150.00 per hour. Letters and reports: \$150.00 per hour.

### **Financial Terms**

Upon verification of health plan/insurance coverage and policy limits, my insurance carrier will be billed and my provider will be paid directly by the carrier. I will be responsible for any applicable deductibles and co-payments at the time of service. I agree to make these payments at each appointment. I understand that if I am not eligible at the time services are rendered, I am responsible for payment, even if the determination is made after services are rendered.

# Welcome to Torrey Hills Health

## Emergencies

I may telephone my therapist in an emergency. My therapist is not always immediately available by phone and may not be available in the late evening. If unavailable, my therapist will return my call as soon as possible. If I cannot reach my therapist, I can call the **24-hour Crisis Team at 1-800-479-3339, go to the nearest emergency room or dial 911**. When my therapist is out of town, and if I am not seeing another mental health professional, such as a psychiatrist, my therapist will provide me with phone numbers of alternate sources of help.

## Obligations of Adult Psychotherapy Clients

I understand that I must be open and honest with my therapist, even if doing so is painful or embarrassing. Lack of complete openness strips therapy of its meaning and exacerbates psychological problems, such as dissociations and denial. Therapists usually cannot tell when clients deliberately conceal things. Therapists can only help clients to the extent that they are provided with the whole truth.

I agree to respect my therapist's private and professional life and not make excessive demands on my therapist or his or her time. A therapist is a guide, not a friend. I must maintain my own support network.

## Psychotherapy Contract for Adult Clients

I have read the above information, have asked questions as needed, and understand the issues related to the risks and benefits of psychotherapy, medical concerns, confidentiality, professional records, length of psychotherapy, fee for psychotherapy, financial terms, emergencies, and the obligations of psychotherapy clients.

I have received a copy of the "Patient's Rights and Notice of Privacy Practices."

Based on my understanding of these issues, I agree to proceed with treatment.

---

Print Name

Signature

Date

---

Provider Name/License #

Date