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## **Informed Consent**

### **Regarding Outpatient Individual Psychotherapy**

State law requires that psychotherapy clients are 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 of 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 protection 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 to the extent to which 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 and, in some cases, to subpoenas. In some kind of proceedings, courts order the entire psychotherapy record to be provided.
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**

Payment is due at the time of each appointment either by cash, check, venmo or apple pay.

60 min session- \$180.00

90 min session- \$270.00

120 min session - \$360.00

