

Growing Home Counseling

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CONSENT FOR MENTAL HEALTH TREATMENT

This document contains important information about our professional services and business policies. Please read it carefully and discuss any questions you might have with your therapist.

At Growing Home Counseling, we believe that psychotherapy can offer many benefits, often leading to better relationships, increased self-awareness, and significant reductions in feelings of distress. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, frustration, and helplessness. No specific outcomes are guaranteed, but the more effort you put into the process the more likely you will experience growth and transformation.

Counseling Agreement

Counseling will be conducted by a Marriage and Family Therapist, or Associate MFT that is supervised by a licensed clinician. An Associate may discuss your case during supervision meetings. Your confidentiality is always protected (please see your "HIPPA, Notice of Privacy Practices" form). If you have questions about this, please feel free to discuss this with your therapist at any time.

Confidentiality

The law protects the privacy of all communications between a client and a therapist; however, there are a few exceptions, like:

1. If the therapist suspects past or present child abuse, elder abuse, or dependent adult abuse, the therapist must report it to the appropriate agency.
2. If therapist believes the client is likely to cause physical harm to another person, the therapist must take steps to protect the endangered person; this may include notifying the potential victim, contacting the police, or seeking hospitalization.

3. If the client threatens to harm him- or herself, the therapist must take action to protect the client; this may include seeking hospitalization or contacting family members or others who can help provide protection. A court order requires the therapist to appear in court or submit records.
4. The client gives written permission for the therapist to release records or talk to another agency or individual.

Session Length & Fee for Services

A typical therapy session is 50 minutes long for individuals and 90 minutes long for couples and families. Sometimes a longer session will be recommended by your therapist, in which case the fee for the session will be prorated, unless a different agreement was made with the therapist. Growing Home Counseling charges for sessions based on your ability to pay. The following represents the fee agreement between Growing Home Counseling and you. The agreed fee per 50 minute session is \$130, unless otherwise specified: _____.

Fees are due each session, payable by cash, check, FSA card, debit card or credit card. Fees may be adjusted and reviewed periodically.

Insurance

Growing Home Counseling is a contracted provider with California Health & Wellness, a Medi-Cal provider through Nevada County. Therapy with Growing Home Counseling is sometimes reimbursable with your insurance company, billed as an out-of-network provider. Should you choose to use a flexible spending plan or submit therapy with Growing Home Counseling as an out-of-network provider, your therapist can provide you with a statement that will facilitate reimbursement by your employer if necessary.

Cancellation Policy

It is important for the continuity of therapy that you come to all sessions. Since your appointment time is reserved exclusively for you, Growing Home Counseling has a cancellation policy of 48 hours. Unless discussed and agreed otherwise with your therapist, if you cancel within 48 hours of the appointment time you will be charged for the session. If you arrive late, your session will be shortened so that your therapist can end the meeting on time. If you arrive more than 15 minutes late, your session may be cancelled. If you repeatedly cancel or miss your sessions, we may need to terminate therapy.

Emergencies

Growing Home Counseling does not provide emergency or crisis services. In an emergency, call 911 or contact your treating physician. You can also call the Nevada County Mental Health Crisis Line at 530-265-5811 or 911. In most cases, your therapist will not be immediately available by phone. However, your therapist will get back to you within 24 hours of receiving your voicemail. If your therapist is unavailable for an extended period of time, they will offer you a colleague to contact if necessary.

Ending Therapy

You have the right to stop counseling at your discretion. We encourage you to discuss your thoughts of termination with your therapist as termination can be a very important part of therapy. Usually, your therapist will recommend that you participate in at least one, or possibly more, termination sessions so you can summarize the work that you've done together.

Individual Agreement

By writing my name below I acknowledge that I have reviewed and fully understands the terms and conditions of this agreement. Your signature below indicates that you have read the information in this document, you understand the business policies of Growing Home Counseling, and have received the "HIPPA Notice of Privacy Practices" form.

Printed name: _____

Signature: _____ Date: _____

For couples/parents:

Printed name: _____

Signature: _____ Date: _____