



## **INFORMATION FOR THERAPY CLIENTS**

### **CONFIDENTIALITY**

What is revealed in this setting is protected by professional, legal, and ethical standards. All information is confidential and not released without your written consent except information related to suspected child abuse, elder abuse, threatened homicide, suicide or a court order.

Unless otherwise specified, couples and families who come to counseling together are considered to be a "counseling unit. Notes taken during your session are also confidential and are kept in a locked cabinet. The confidentiality of our therapeutic relationship will be maintained in public as well. If I don't say hello my behavior is not a personal reaction to you, but a means to protect your privacy.

### **MY BACKGROUND**

I am a California Licensed Marriage and Family Therapist. I hold two Masters Degrees. One is in Clinical Psychology from The University of Central Florida in 1987 and the other is in Counseling Psychology from Chapman University in 2011. I am also a Certified Mediator and Mediator Trainer. I founded The Empowerment Center in 2014 where I provide professional psychotherapy and mediation services.

### **THE BENEFITS AND RISKS OF THERAPY**

Therapy has some inherent emotional risks. Some clients find that approaching otherwise unacknowledged feelings or thoughts can be painful. In addition, changes in beliefs or behaviors can sometimes be disruptive to existing relationships. Many people find that the benefits of therapy outweigh the potential risks, but it is important that these risks be considered before engaging in the therapeutic process.

### **FEES AND CANCELLATIONS**

All fees are due at the time of service. Cash, checks or credit/debit card payments are accepted. Cancellations need to be made 24 hours in advance. *If an appointment is cancelled or missed without a 24 hour notice, you will be charged for your session.* There will be a \$25 fee assessed on any check that is returned from the bank. Hourly rates vary depending on your service (Individual/couples/child) and package choice. Package purchases may be transferable and are non-refundable. Phone and Skype sessions are available at our agreed upon hourly rate. Phone calls lasting more than 10 minutes will be charged your regular fee on a pro-rated basis. You have chosen \_\_\_\_\_ package therefore your cost will be \$ \_\_\_\_\_. If you would like to pay per session your cost will be \$ \_\_\_\_\_ per 1.5hr session or \$ \_\_\_\_\_ per 2hr session.

### **YOUR SESSION**

Sessions may be 60 (children only), 90, or 120 minutes and 10 minutes may be allotted towards record keeping.

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**Client Signature**

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**Date**