

- **Your therapist's methods**

- Virtual Sessions only via video or phone. No in-person sessions available.
- Your therapist is integrative and eclectic, she is trained in several modalities and engages in new trainings throughout the year to best serve a wider population of personalities and cultures. Specialties include anxiety, depression, trauma, and healing after abuse.
- Your first appointment, or Initial Assessment revolves around getting to know each other and setting treatment plan goals together so your therapist can create a unique therapeutic plan for you based on your needs.
- Humanistic approach: you are respected, acknowledged as a worthy and unique human being who deserves a life worth living.
- Homework: Changing unhealthy coping and increasing self-care takes a lot of work on your part. Your therapist is not a magician. The homework assigned will assist in practicing new self-talk, reframing negative thinking patterns, improving relationships through good communication tools, and more. It is important that clients help themselves with the tools that the therapist shares.
- Your therapist will gently confront your toxic beliefs and behaviors to assist you in improving yourself, this is not a judgement, it is a continuous

state of assessment and bringing clients awareness to their self-imposed roadblocks to happiness.

- Your therapist will assist you in processing feelings, review homework assignments, and practice new tools with you. Your therapist is very interactive and does not merely sit and listen to clients complain, it is your therapist's job to help you to improve your life and feel better so you don't need her anymore.
- **Risks & Benefits of Therapy**
  - Risks include uncomfortable feelings that result from recounting past traumas, confronting one's own toxic and unhealthy traits, and fear of change. Leaving 'survival mode' is not easy and can create an urge to stop therapy.
  - Other risks include lack of progress, resistance to therapy as in not engaging in new tools and homework, and essentially sabotaging yourself. Your therapist will make ample attempts to assist you through this, however due to ethical concerns your therapist must terminate therapy with you if you are not making progress.
  - Benefits include overcoming unhealthy and automatic coping tools and personality traits that have been a detriment to one's career, relationships, and self-actualization in life.

- Your therapist is non-judgmental, supportive, and will assist you in overcoming the urge to stop therapy so you can meet your treatment plan goals.

- **Your therapist's schedule is as follows:**

Monday through Thursday from 8am to 2pm

- Therapist *does not* work weekends or evenings
  - Office is closed for *ALL* holidays: New Years Eve/Day, Valentine's Day, St. Patrick's Day, Memorial Day, Veterans' Day, MLK Day, President's Day, Mother's Day, Father's Day, Halloween, Thanksgiving, Christmas, and any other holiday that will appear on a calendar.
  - Your therapist takes several mini vacations per year including her birthday.
  - Scheduled appointments will resume in the following week after a holiday or vacation, at your regularly scheduled time.
- **Your therapist is an independent contractor** who is contracted with several insurance companies which includes crisis support and workshops. When your therapist is called for crisis support or to conduct a therapeutic workshop, you will be notified of the need to cancel, your appointment will resume the following week.

- **Your therapist is a human being** and sometimes gets sick, just like you do, when this happens your therapist will notify you that she is not feeling well and will cancel your appointment.
- **Your therapist cannot guarantee *absolute consistently*** on a weekly basis because she is a crisis support provider and conducts therapeutic workshops for large companies as requested, please understand this. If this is unacceptable to you and you require absolute consistency you are urged to find a different therapist who can provide you with what you need in order to get the best possible experience in therapy. It is well understood that some clients need consistent weekly appointment whereas others do not mind an occasional cancellation and are comfortable practicing their tools on their own for a week. If you need weekly sessions with no cancellations, you deserve to have your needs met, and if needed your therapist can assist you by offering referrals to other therapists who may be a better fit.
- **No show/ No Call** clients are promptly removed from the schedule, if you call 30 minutes after the start of your appointment and want a 30 minute session, this is not permitted as sessions are 50min.
  - If you need to cancel, please let your therapist know. Your therapist understands that *life happens* and will reschedule you for the following week at your regularly scheduled time.

- **If you are resistant to therapy** your therapy will attempt to assist you in processing this to move forward, however if you continue to resist, argue, attempt to engage your therapist in a power struggle, or attempt to utilize manipulative techniques to gain an evening or weekend appointment, you will be removed from schedule and provided with three references for therapists who may be a better fit for you.
  - It is not your therapist's job to debate you or argue with you about how she should conduct therapy with you, this is not productive and will not be tolerated, you will be terminated and referred out.
  - Resistance to therapy includes; refusing to engage in learning new tools, refusing to make time during the week to complete a worksheet with tools, making excuses instead of working on yourself, and then telling the therapist that what she has to offer is not going to help you.
- **Your therapist appreciates notification of cancellation** should you need to cancel, you will retain your regularly scheduled appointment spot the following week.
- **Personal Information**
  - Your therapist's age, marital status, life experiences are of no consequence to your therapeutic process. Your therapy is *all about* you, not your therapist. Your therapist may self-disclose at times if it pertains to your therapeutic process at the time.

- **Your therapist does not tolerate** verbal abuse, argumentative attitude, disrespect of any kind, and will promptly terminate therapy with you should you engage in any of these behaviors.
- **Your therapist will not complete documentation to put you on disability**
- **Therapist charges a fee of \$250 per hour if summoned to court on your behalf**
- **Emotional Support Animals**
  - Your therapist does conduct assessments and write letters for ESA for a total fee of \$125
- **Payment due at time of service:** Fee is \$125 per 50 minutes
- **Your therapist is trained in** CDBT-Certified, T-CBT-Certified, Sex Therapy, Art Therapy, Child Therapy, Couples Therapy, psychodynamic therapy, Law of Attraction, Hypnosis, and Nutrition for mental health.
  - Sex Therapy does **not mean** sex with the therapist! It is a verbal exploration of your beliefs, communication, history of events, etc., that relate to your sexual health/issues/malfunction today.

I, \_\_\_\_\_ **understand and agree with the information provided within the content of this informed consent. I am aware that if I violate any of the therapist's boundaries I will be *terminated and referred out.***

**Printed Name:** \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Dated:** \_\_\_\_\_