



River Valley

psychological services

To the clients of Dr. Sheila Adams Hart:

Introduction: It is my pleasure to welcome you as a new client. I am a psychologist, licensed in Washington State since 2/9/2009 and licensed in Massachusetts since 12/3/1983. I have earned both Masters and Doctorate Degrees from Harvard University. My professional experience includes providing Cognitive Behavior Therapy and doing Corporate Psychology and Organizational Development.

Confidentiality: All session content is confidential. All information regarding evaluation and treatment is confidential and can only be released when a client signs a Release of Information Form, designating to whom, specific information is to be disclosed. There are exceptions: 1. At-Risk situations, such as suicidal risk, risk of harm to self or others, neglect or abuse of a child or vulnerable adult, requires clinicians to report imminent danger. 2. Court Orders may require clinicians to provide records. 3. When clients have signed authorizations for insurance companies to access patient data, clinicians must provide the requested data.

Sessions: Cognitive Behavior Therapy sessions are 52 minutes long and focus on generating insight development relative to the pertinent issues a client presents. I am best able to assist clients by understanding you from your own perspective, which we will explore each session.

Appointments and Cancellations: Our front desk office managers will schedule appointments to meet your needs. It will always be your own responsibility to be here at your appointment time. If for any reason, you are unable to come to your appointment, a 24-hour notice of cancellation must be provided, by calling 425-391-0887, or you will be charged for the time reserved for you.

Fees: The fee for initial evaluation is \$225. Thereafter, the fee for each session is \$180 per session. Your co-pay amount must be paid at the time of the session and the front desk office managers will provide you with a receipt.

Hours: The River Valley Psychological Service hours are 9:00am to 5:00pm, Monday through Fridays. However, I am usually able to be here from 7:00am through 7:00pm, Monday through Friday and on Saturdays I am here from 7:00am through 12:00 noon. I have read and understand the above terms and agree to these terms:

Signed: _____ Date: _____