

Consent and Policies

Welcome to my practice! This information sheet is to provide answers to some frequently asked questions and introduce you to my psychological practice.

Services

I currently provide therapy to children and adolescents aged three to twenty-one. For those in the younger age range (3 to 12) my primary modality is play therapy, while for the older group (12-21) I work in a variety of methods that includes psychodynamic and interpersonal psychology. I believe it is important to look at both past and present events when evaluating the causes of current behavior. Sessions last for 45 to 50 minutes, depending upon insurance, and are scheduled Tuesday, Thursday and Friday, 9.30 am to 5.30 pm, and 10.30am to 6.30 pm on Wednesdays on the half-hour. The first session will include a basic evaluation of the issue bringing you or your child into therapy. If further assessment is needed to clarify a diagnosis or other issue this may be done by myself or you may be referred to a colleague. Following sessions will be client centered and directed largely by what you or your child brings up in our time together.

I do not provide any services that are associated with legal proceedings of any kind.

Background

I received my doctorate in Clinical Psychology (Psy.D.) in 2008 from George Fox University in Newberg, OR. I completed my predoctoral internship with RENEW and LifeWorks in Sheridan, Wyoming from 2007 through 2008. I have been independently licensed since 2010 (license # PY 60067812). Since then I have worked in three different clinical settings, including private practice and community mental health as well as with DSHS.

Confidentiality

Anything told to me in the context of therapy or evaluation is confidential, it cannot be given or told to anyone else without your written consent.

No release of information will occur without your permission, except in three distinct cases.

1. You inform me that a child, elderly person, or developmentally disabled person is being abused or that you suspect they are being abused.
2. Threatened harm to another person that is specific and intentional
3. Threatened harm to yourself or inability to meet your own basic needs as a result of mental health disorder.

In these cases, the law requires that authorities be informed to ensure the safety of those at risk.

Treatment for Minors

Because I provide psychological services to minors (under age 18), please be aware that the law provides parents of minors with rights to examine a minor's treatment records. In the initial consultation with any patient age 13-18, I will discuss with parents or guardians the most appropriate plan for parent involvement in treatment, including any agreement for sharing of information. According to RCW 71.34.530, minors may receive outpatient mental health treatment if they are 13 years of age or older

without the consent of a parent/guardian. In these cases, the parents will not be notified of the treatment without written minor consent. However, in all cases where I assess imminent risk of self-harm or harm to others I will notify parents and the appropriate professionals of these concerns, regardless of the minor's age.

Payment/Cancellation

My current fees are \$225 for the initial assessment and \$150 per hour thereafter. Payment is expected at the time of service, this includes copays and coinsurance payments. River Valley typically bills insurance companies for the remainder of the fee, but this is not a guarantee of payment and you are responsible for the balance not covered by insurance. Accounts that are past due will be sent to a collections agency.

If you must cancel an appointment be aware that the clinic holds a 48-hour advance notice policy meaning that appointments not cancelled more than 48 hours in advance will be charged the full fee. Insurance companies will not reimburse for missed session fees and these are your sole responsibility.

Contact information

My office hours are Tuesday, Thursday and Friday 9.30 am through 5.30 pm, and Wednesday 10.30am through 6.30pm at the Issaquah office of River Valley Psychological Services. I can be reached here by calling 425-391-0887. Outside of these hours you may leave a confidential voicemail for me at this number and I will return your call by my next business day. If you need urgent attention you may reach the on-call therapist by calling the same number outside of business hours (8.30am to 5.30 pm) and selecting the therapist on-call option.

Agreement to Participate in Services

If you have any questions, please feel free to discuss them with me prior to signing this form. Your signature indicates that you have read and understand these policies. Your signature further indicates that you agree to abide by the conditions of these policies and that you are giving your informed consent for psychological treatment.

Patient Signature

Date

Parent Signature (if patient is a minor)

Date