

River Valley

Psychological Services

To New Clients of Matthew C Boynton, MA, LMHC

Welcome to River Valley Psychological Services. This statement will provide you with important information about my background, available services, your rights and responsibilities, and the practice of psychotherapy in general.

Background and Training: I am a Licensed Mental Health Counselor in the State of Washington (License #LH0008737) with a Masters in Mental Health Counseling from Seattle University. Following my internship and graduation in 2001, I worked as a Clinician with Compass Health in Snohomish County and as a Teaching Assistant with Seattle University. I earned my Mental Health Counseling license in 2003 and have been working in private practice since that time. I have worked in association with River Valley Psychological Services since 2006 where my practice currently focuses on providing therapeutic support to children, adolescents, and families with a wide range of issues and concerns.

Treatment Orientation: Guided by my client's needs and issues, I use a variety of therapeutic orientations to work **with** individuals and families. My primary approach to counseling is *Client-Centered*, meaning emphasis is placed on creating a safe environment where clients can be active participants in exploring their concerns and developing their own goals. Following the initial evaluation and developing a collaborative relationship, I draw on a variety of therapeutic approaches including Solution Focused, Cognitive-Behavioral, and Family Systems therapy to support clients with an individualized treatment plan. I encourage you to ask questions about your treatment, my training and approach, and your progress in therapy. I also ask that you discuss any dissatisfaction in the therapeutic process with me. You may at any time refuse treatment, request a change in treatment approach, or request a referral to another therapist.

The Therapy Process: Participating in therapy can result in a number of benefits to you including a better understanding of your personal goals and values, improved interpersonal relationships, and resolution of the specific concerns that led you to seek therapy. Working towards these benefits, however, requires effort on your part, and may result in you experiencing considerable discomfort. Change will sometimes be easy and swift, but more often it will be slow and frustrating. Remembering and resolving significant life events in therapy can bring on strong feelings of anger, depression, fear, etc. Attempting to resolve issues between marital partners, family members, and other individuals can also lead to discomfort and may result in changes that were not originally intended.

Appointments: My office hours are typically on Mondays, Tuesdays, Thursdays, and Fridays from 10:00am to 6:00pm. Scheduled appointments last for approximately 45 minutes, with the exception

being the initial session which is scheduled for 60 minutes. Our reception office is open **Monday through Friday from 9am to 5pm, (425) 228-5336**. Scheduling issues can be addressed through me or office support staff at your convenience. You may leave messages for me on **my confidential voicemail, (425) 496-7897 ext.31**, which I check regularly.

Emergencies: Use the main office number for urgent calls, after hours you may choose to be connected to the on-call therapist. **The 24-hour King County Crisis Line is also available at (206) 461-3222**. Please call 911 if there is a life-threatening emergency.

Fee Policy: Please contact our office to inquire about my fee for the initial assessment session and preceding regular appointments. Charges for other services out of regular appointments, such as treatment summaries and reports, need to be discussed with me directly. Payment is due at the time of service. If you are using insurance, the office staff will facilitate the billing process. You are responsible for understanding your insurance benefits and for making deductible and co-payments that are required. Payment will be made to the office manager or me at the time of your appointment unless other billing arrangements have been made in advance.

Cancellation Policy: If there is need to cancel an appointment please give at least one business day's notice. Appointments missed or cancelled without this advance notice will be charged a **full fee**. Insurance companies will not pay for missed our cancelled appointments and you will be responsible for these charges.

Confidentiality: All information that you share in session is kept strictly confidential. Specific information can only be released with your prior written consent. Exceptions to the rule of confidentiality apply in cases when a child, dependant, elderly person, or disabled adult is abused or neglected, when potential suicidal or homicidal behavior is suspected, or pursuant to a lawfully issued subpoena.

Consent for Treatment: Please contact our office staff to have an official disclosure statement and other intake documents sent to you. You may also choose to arrive early for your intake to complete new client paper work. For more detailed information on client rights and responsibilities, please refer to our brochure, counseling or hypnotherapy clients, also available in our office.

Client (signature) Date

Parent or Guardian (signature) Date

Client (printed name)

Parent or Guardian (printed name)