

It's a pleasure to welcome you as a new client. The following information is provided to answer frequently asked questions about my practice and about psychotherapy.

Regarding my background, I am a licensed clinical psychologist in Washington (PY2719). I received my doctoral degree in psychology in 1997 from Finch University of Health Sciences/Chicago Medical School in North Chicago, IL (now named Rosalind Franklin University of Medicine and Science). My training emphasized health psychology for adults and children, and I did a one-year internship in pediatric (child health) psychology at Michigan State University. I also worked as a psychologist in New Mexico.

Now in my practice I work with individual adults. My theoretical orientation is generally cognitive-behavioral but I also integrate other approaches, such as biological or developmental understanding, psychoeducational interventions, and EMDR (eye-movement desensitization and reprocessing). Although I do not provide couples therapy, family or child therapy, or assessments for legal proceedings or L&I injuries, I will be glad to offer you with information on how to find providers for those services. I can provide information for FMLA or disability for existing or continuing clients only.

Typically, the first two-to-three sessions will be used to evaluate the problem. Assessment may also include psychological tests to help my understanding of your concerns. At the conclusion of the assessment phase we will talk about what form treatment may take, as well as treatment recommendations and goals. At any time you may refuse treatment, request a change in treatment approach, or request a referral to another therapist. I encourage discussion of these options so that we can work out any problems that may arise in the therapeutic relationship.

All issues discussed in evaluation and treatment are confidential. This means I will ask you for written permission to communicate with others (for example, doctor or spouse). By law, information regarding evaluation and treatment may only be released with the client's written consent, or for children under age 13 the written consent of the child's parent or guardian. Under Washington State law, clients age 13 and older have the right to confidentiality. Regardless of age, the law requires the release of confidential information in certain situations. These include: suspected abuse or neglect of a child or vulnerable adult (adults physically or mentally not able to care for themselves); potential suicidal behavior; potential harm to others; or if required by court order or subpoena. Clients may receive, on request, a copy of their therapist's privacy practices. Clients have rights regarding their records, including the right to see or have a copy of their record (unless the therapist feels it is in the client's best interest not to do so), to request amendments, to request a list of disclosures or restrict disclosures, and to have any

complaints about the therapist's policies and procedures recorded in their treatment record. You will receive the brochure at your first visit, *Considering Seeking Help from a Psychologist*, which provides more information on the practice of psychology, including licensing information and who to contact if you have a question or concern. For concerns about unprofessional or unethical conduct contact: Examining Board of Psychology, Dept. of Health, 1300 Quince St. SE, P.O. Box 47869, Olympia, WA 98504-7869; phone (360) 753-2147.

I practice in the Issaquah office of River Valley Psychological Services. You can leave a message at my confidential voice mail (425-496-7897, ext. 22) and I will call you back, typically during business hours. Or you may leave a message with the office manager (425-391-0887) during business hours. Because I may not be available for urgent situations or emergencies after office hours or on weekends, you may contact the therapist on-call for River Valley Psychological Services by calling 425-391-0887 and choosing the "on-call therapist" option. Or call the 24-hour Crisis Line (206-461-3222). If the situation is a life-threatening emergency, please call 911 or go to your nearest emergency room. Our main/business office in Renton is open from 9:00 AM to 5:00 PM Monday through Friday (425-228-5336).

Sessions last approximately 45 minutes. All appointments are scheduled with me. If you need to cancel an appointment, give at least 24-hours notice. Please note that because this is a reserved time for you, appointments that are missed or cancelled late without this advance notice will be charged a full fee. Insurance companies will not pay for missed or cancelled appointments and you will be responsible for these charges. If you come late for your appointment and I cannot bill your insurance company for the full 45 minutes, I will bill you for the portion of the appointment that cannot be billed to insurance. (If it snows call me to see if we will meet.)

Talk with me about the fee for the initial office consultation and for each visit thereafter, as well as charges for other services. We typically bill insurance companies for their portion of the fee. Payment (including co-payment or deductible) is expected at the time of service. Please give your co-payment/deductible to the office staff when you come for your session. If you foresee any problem with this, discuss a payment plan with me. You will receive a statement once a month. Also, some health insurance companies will not pay for sessions unless they are pre-authorized, so it is best to call your insurance company and ask about seeing me before we meet. Your insurance policy is a contract between you and your private insurance company, so please be aware that you are responsible for your account regardless of what your insurance company does. Overdue accounts will be sent to a collection agency.

I look forward to working with you and hope you will feel free to ask any questions not covered in this letter. Thank you.

*(A version of this disclosure statement for your review and signature will be given to you at your first visit.)*