

Cathy Brownstone, MFT

Office Policy Information

Making the decision to seek counseling can be both exciting and scary at the same time. Professional assistance can be helpful in clarifying emotions and looking at more effective ways to deal with difficult or problem situations. Since the therapeutic relationship is unique, I hope this information helps prevent any possible misunderstandings.

TIME:

Unless otherwise arranged in advance, the therapy session is one hour.

FEE:

The fee, which is payable at the beginning of each session is based on the following monthly income of the client. If paying monthly, payment is due at the first session of that month for the entire month. Any unused sessions will be credited as long as 24 hours advance notice has been given.

Gross Income:

0-4500 — — — — \$110

450-5000 — — — — \$125

5001-6000 — — — — \$140

6001 & higher — — — — \$150

MISSED OR CANCELLED APPOINTMENTS:

Appointment time is specifically reserved for you. Missed or cancelled sessions will incur a charge of \$95.00 unless 24 hour notice is given. Phone calls or texts can be sent to my cell at 916-764-6280. Please note that texts are not HIPAA compliant so don't leave any sensitive information in a text.

All calls and texts are returned as promptly as possible. If you don't receive a reply within one business day or sooner, please call again. It might be possible that I did not receive your first call. **NOTE:** This is a rare occurrence if your message isn't returned within a few hours.

If your situation demands unusual or extensive telephone contact between our sessions, it will be necessary to charge for this service.

EMERGENCIES:

If you are unable to reach me by phone or text, please seek professional help immediately by calling 911 or going to the nearest hospital emergency room. The phone number for Suicide Prevention is 916-368-3111. Staff are available 24 hours a day, 7 days a week. Most emergencies can be handled by calling or texting me.

INTENT OF THERAPY AND POTENTIAL RISKS:

The intent of psychotherapy is to help a client facilitate change so that a more authentic life can be lived. Engaging in this process is truly rewarding but at times it can lead to a worsening of your symptoms in the beginning (i.e. feeling sadder or more anxious when talking about problems and feelings).

This is often a temporary condition but please talk to me if this happens.

CONFIDENTIALITY:

Wherever possible, it is my intention to respectfully honor your trust with confidentiality. Therapists are required by California law to make the following exceptions to confidentiality:

1. Client threatens physical harm to another person
2. Client reveals that a minor has been neglected, abused, or sexually molested
3. Client reveals that a child under the age of 16 has been the victim of a crime
4. Client reveals that there has been physical or other abuse to a dependent or elderly adult
5. A therapist receives an order from the court or a subpoena

Even under these circumstances, every attempt will be made to discuss the disclosure of information with the client.

ADDITIONAL CIRCUMSTANCES FOR BREACHING CONFIDENTIALITY:

Client reveals she/he is seriously suicidal. I may need to contact the client's family members to assist in making plans for the client's safety.

Clinician is out of town or on vacation.

If you have any questions or concerns about the above policies and procedures, please feel free to discuss them with me at any time. I value your feedback and look forward to working with you.

Warmly,

Cathy Brownstone, MFT