Terry Akhtarzad M.A, LMFT

Licensed Marriage and Family Therapist

# 103315

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**CLIENT CONSENT FORM**

**Psychotherapy** is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained therapist who has the desire and willingness to help you accomplish your individual goals. Counseling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counseling, there may be periods of increased anxiety or confusion. The outcome of counseling is often positive; however, the level of satisfaction for any individual is not predictable. Your therapist is available to support you throughout the counseling process.

**CONFIDENTIALITY:**

**All interactions with Your therapist , including scheduling of or attendance at appointments, content of your sessions, progress in counseling, and your records are confidential unless your insurance requires it or the court subpoenas your records. No record of counseling is contained in any academic, educational, or job placement file. You may request in writing that your therapist release specific information about your counseling to persons you designate.**

**EXCEPTIONS TO CONFIDENTIALITY**:

* Your therapist may consult with other colleagues to provide

the best possible care. These consultations are for professional and collaborative purposes.

• If there is evidence of clear and imminent danger of harm to self and/or others, a therapist is legally required to report this information to the authorities responsible for ensuring safety.

• California state law requires that the therapist who learns of, or strongly suspect, physical or sexual abuse or neglect of any person under 18 years of age must report this information to county child protection services. Furthermore, elderly abuse of any individual 65 years or older or any dependent adult will be reported.

• A court order, issued by a judge, may require the Counseling Services staff to release information contained in records and/or require a therapist to testify in a court hearing.

**Cancellation policy**

We appreciate prompt arrival for appointments. Please notify me if you will be late. Twenty-four hour notice of cancellation allows us to use the time for every client. Hence you will be charged in full for any cancellations without the 24 hr notice. We will start and end the session on time. If you are late to session we will still stop at ten minutes prior to the hour as to be courteous to the next Client.

\*\*\*Returned checks will be charged $ 30.00 plus the amount of the check. In an attempt to collect any debt due to the therapist, the therapist exercises the right to send the account to the collection agency.

**Insurance**

If your insurance covers you to see the provider in network your insurance will cover the fee. It is your responsibility to find out if your deductible is met if not the patient is responsible to pay for the full amount until the deductible is met. If the provider is out of network the patient will pay the provider for the full fee and the provider will provide a superbill to the client for reimbursement.

The billable hour is 53 mts. If you miss more than 15 mts of your session and it is not communicated 24 hours in advance it will be a no show and you will have to pay out of pocket for the full fee of the session.

Couples

There is a “no secret “ policy for couples. If one of the couple calls the therapist in between session, the therapist will encourage them to bring up the issue in session. Exception to this rule will be crisis, safety and health protected item covered under HIPPA.

**I have read and discussed the above information with my therapist. I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a client of Terry Akhtarzad .**

**Name of client:**

*Signature of Client*

*Date*

*Signature of Therapist*

Terry Akhtarzad

**8/97**