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## **Client information Sheet**

Please review the following information regarding the benefits and risks of psychological treatment, appointment and cancellation policies, and payment policies.

### **Benefits and Risks:**

While positive outcomes from psychotherapy can be expected, specific treatment outcomes cannot be guaranteed. The greatest risk of counseling is that it may not, by itself, resolve your problem or concern. Also, possible side effects of psychotherapy may include: periodic emotional distress or internal confusion, or stress due to making life changes that could be upsetting to yourself or others. Consequently, we will be assessing treatment progress and outcomes on a session-to-session basis.

### **Alternative Treatments:**

Alternative treatment options include, but may not be limited to: pharmacotherapy, support groups and self-help reading. Alternative treatments may be discussed at any time during therapy.

### **Discontinuing Treatment:**

All clients are free to discontinue treatment at any time, although this decision is best done in consultation with your current treatment providers(s).

### **Cancellation of Appointments:**

In order to accommodate the needs of all clients, **please call at least 24-hours in advance to cancel any appointment.** Failure to provide adequate notice or failure to attend an appointment that was not cancelled will result in a **\$60.00 charge.**

**Responsibility for Payment:**

Payment of charges for services and/or co-pays is required at the time that services are rendered. The hourly rate for my services is \$110.00.

Insurance companies may approve or deny coverage for mental health services depending upon specific benefit packages and medical necessity guidelines. Ms. Tourish will make every effort to provide all parties with the necessary information to make coverage and utilization review decisions. Please be aware that you are responsible for payment of any services that are not covered by your insurance plan.

Account balances that remain unpaid for longer than 90 days may be referred to **P&L Billing Solutions** for payment.

Please be aware that there are charges for such services as: writing letters, completing insurance or disability forms, copying records or participation in school or legal proceedings. Your charges for these services will be prorated on a charge of \$110 per hour.

In the event of my permanent disability or death, my client files will be turned over to my records custodian, Claire Miner, Ph.D. She will make sure that you are appropriately referred to another counselor.

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**Client Signature**

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**Date**