

## Counseling Agreement and Consent for Treatment

### Confidentiality

I will maintain all legal and ethical standards concerning confidentiality. Your therapy sessions may be discussed during case consultation with other clinical personnel, however no names will be used. Records of sessions, testing results and other client communications will otherwise be confidential as per the laws of the State of California. Insurance companies and other third-party payers are given information that they request regarding services to clients.

Should it be decided in the therapist's best clinical judgment that there is *suicidal or homicidal intent* it is understood that it is the my responsibility to notify you nearest relative and/or the police, and in the case of homicide, the intended victim. In addition, if in my best clinical judgment there is reasonable suspicion of *child abuse, elder abuse or dependent adult abuse*, I am legally mandated to notify the appropriate authorities. Other than these legally required limitations, I will not release any information about you to any person without your specific written permission.

### Therapy outcomes

While therapy is effective for many people and often leads to significant and lasting changes, there are some risks involved. Many people report discomfort during therapy. Strong, and sometimes undesirable feelings can emerge as one considers unpleasant or embarrassing subjects. Attempting to resolve tensions between you and others such as a spouse, partner, child or family member may lead to changes that were not originally intended. It is also possible that therapy does not work, and for a small number of people, problems may get worse. Even so, many people find that therapy is worth the difficulty it may entail.

### Appointment policy

You and I are both responsible for remembering the date, time and location of our therapy appointments. Reminders will not be given. If you find that you need to reschedule, please give at least 24 hours notice of cancellation. Missed appointments with less than 24 hours notice will be charged at your regular rate.

### Fees

Fees per individual or group session are agreed upon between us. The sliding fee scale is used as a guideline and may be adjusted for individual circumstances. Individual sessions are 50 minutes and group sessions are 1 and 1/2 hours. Phone sessions longer than 15 minutes will be billed at the regular rate. Fees are due and payable at the end of the first session and at the beginning of each session thereafter.

### Phone contact

Phone messages to me at (714)269-4061 are recorded 24 hours a day. I will return your call as soon as possible within 24 hours. In emergencies always call 911.

I have read and received a copy of the above information and I agree to enter into a counseling relationship with Diane Sagen.

Client signature \_\_\_\_\_ Date: \_\_\_\_\_