

Agreement for Service

The agreement is intended to provide _____, Client, with important information regarding the practices, policies, and procedures of Barbara Stanforth, therapist, and to clarify the terms of the professional therapeutic relationship between therapist and client. Any questions or concerns regarding the contents of the Agreement should be discussed prior to signing it.

Risks and Benefits of Therapy

Psychotherapy is a process in which the client and therapist discuss a myriad of issues, events, experiences and memories for the purpose of creating positive changes so the patient can experience his/her life more fully. Psychotherapy is a joint effort between client and therapist. Progress and success may vary depending upon the particular problems or issues being addressed, as well as many other factors. Participating in therapy may result in a number of benefits to the client, including, but not limited to, reduced stress and anxiety, a decrease in negative thoughts, improved interpersonal relationships, and increased self-confidence. Such benefits may also require substantial effort on the part of the client, including an active participation in the therapeutic process, honesty, and a willingness to change feelings, thoughts, and behaviors. There is no guarantee that the therapy will yield any, or all, of the benefits listed above. Participating in therapy may also involve some discomfort, including remembering and discussing some unpleasant events, feelings, and experiences. The process may evoke strong feelings of sadness, anger, fear etc. There may be times when the therapist will challenge the client's perceptions and assumptions and offer different perspectives. The client should be aware that any decision on the status of his/her relationships is the responsibility of the client. During the therapeutic process, the client may feel worse before they feel better. This is generally a normal course of events. Personal growth and change may be easy at times, but also may be slow and frustrating. Clients should address any concerns regarding progress of therapy with the therapist.

Fees and Agreements

The usual and customary fee for service is \$175.00 for a 60 minute session. The therapist reserves the right to periodically adjust this fee. Client will be notified of any fee adjustment in advance. Therapist is not a contracted provider with any insurance company or managed care organization.

Records

Therapists may take notes during a session and will produce other notes and records regarding the client's treatment. These notes are business records, which by law, therapists are required to maintain. Such records are the sole property of the therapist. Therapists will not alter his/her normal record keeping at the request of a client. Should the client request a copy of the therapist's records, such a request must be made in writing. The therapist reserves the right, under California law, to provide client with a treatment summary in lieu of actual records. The therapist reserves the right to refuse to produce a copy of the record under certain circumstances, but may, as requested provide a copy of the record to another treating health care provider. Therapists will maintain client's records for ten years following termination of therapy. However, after ten years, client records will be destroyed in a manner that protects the client's confidentiality.

Psychotherapist-Client Privilege.

The information disclosed by Client, as well as any records created, is subject to the psychotherapist-Client privilege. It is akin to the attorney-client privilege or doctor-patient privilege. Typically, the client is the holder of the therapist-client privilege. If therapist received a subpoena for records, deposition testimony, or testimony in a court of law, the therapist asserts the therapist-client privilege on behalf of the client, until instructed, in writing, to do otherwise by client or client's representative. Client should be aware that he/she might be waiving the therapist-client privilege if he/she makes his or her emotional state an issue in a legal proceeding. Client should address any concerns he/she might have regarding privilege with his/her attorney.

Client Litigation

Therapist will not voluntarily participate in any litigation, or custody dispute in which the client and another individual, or entity, are parties. Therapist has a policy of not communicating with client's attorney and will generally not write or sign letters, reports, declarations, or affidavits to be used in client's legal matter. Therapist will generally not provide records or testimony unless compelled to do so. Should therapist be subpoenaed, or ordered by a court of law, to

appear as a witness in an action involving client, client agrees to reimburse therapist for any time spent in preparation, travel, or other time in which therapist has made herself available for such an appearance at therapists usual and customary hourly rate of \$250.00.

Cancellation Policy

Client is responsible for payment of the agreed upon fee for any missed session(s). Client is also responsible for payment of the agreed upon fee for any sessions for which the client failed to give the therapist at least 24 hours notice of cancellation. Cancellation notice should be left on the therapist's voice mail or sent as a text message or e-mail. The therapist has a confidential voice mail system that allows Client to leave a message at any time. The therapist will make every effort to return calls within 24 hours (or the next business day) but can't guarantee that the calls will be returned immediately. The therapist is unable to provide 24 hour crisis service, but in the event that the client is feeling unsafe or requires immediate medical or psychiatric attention, he/she should dial 911 or go to the nearest emergency room.

Termination of Therapy

The therapist reserves the right to terminate therapy at her discretion. Reasons for termination include, but are not limited to, untimely payment of fees, failure to comply with treatment recommendations, conflicts of interest, failure to participate in therapy, client's needs are outside the scope of competence or practice, or client is not making adequate progress in therapy. Client has the right to terminate therapy at his/her discretion. Upon either party's decision to terminate therapy, the therapist will generally recommend to the client, at least one, and possibly more, termination sessions. These sessions are intended to facilitate a positive termination experience and give both parties an opportunity to reflect on the work that has been done. The therapist will also attempt to ensure a smooth transition to another therapist by offering referrals to the client.

Acknowledgement

By signing below, Client acknowledges that he/she has reviewed and fully understands the terms and conditions of this agreement. Client has discussed such terms and conditions with the therapist and has had any questions with regarding its terms answered to client satisfaction. Client agrees to abide by the terms of the agreement and consents to participate in psychotherapy with the therapist. Moreover, client agrees to hold therapist free and harmless from any claims, demands, or suits and damages from any injury or complications whatever, save negligence, that may result from such treatment.

Name of client (please print) _____

Signature of client _____ date _____

Client Address: street _____

city/state _____ email _____

zip code _____ cell phone _____

Name of emergency contact _____

Phone # of emergency contact _____

Relationship to client _____

Fill out below portion if client is under age 18

Name of parent or guardian _____ Child's date of birth _____

Barbara Stanforth MA LMFT
Leucadia Family Counseling and Hypnotherapy

Signature of parent or legal guardian _____ date _____

If biological parents of underage client are divorced, parents must provide proof of legal custody.