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319-284-1514

Consent for Treatment

Introduction:

Welcome to our practice. This is an opportunity to acquaint you with information relevant to treatment, confidentiality, and office policies for mental health therapy services conducted by Creative Counseling Group, Plc. Although this document is long it is very important to review this information carefully. We are happy to discuss any questions you have about this information as we get started and as treatment progresses. At the end of this document, we will ask for your signature to verify that you have reviewed the information and you consent to enter therapy through an informed decision.

Consent for Treatment of Client and Minor Child:

Before initiation of services you as the client or as the guardian/representative of the client will be asked to read and sign this informed consent statement. To initiate psychotherapy services, you must be at least 18-year-old or an emancipated adolescent. If you are a minor client or a dependent adult your guardian/representative will need to commence. There is also a Patient Bill of Rights you will be asked to sign. If you have any questions about these documents, please discuss them with your therapist.

Therapists generally expect both parents to be aware of their child's participation in therapy. Therapists will make reasonable efforts to ensure that both parents are notified and have reasonable access to provider information and consent for the treatment of the minor. If any question exists regarding the authority of a parent/guardian to give consent for psychotherapy, therapists will require that the parent/guardian submit supporting legal documentation, such as a custody order, prior to the commencement of services. By signing this consent, you are agreeing that you have the authority to give consent for treatment of the minor client.

Psychotherapy Services:

The nature and course of psychotherapy depends on many factors, including the specific concerns a client presents with, client readiness for change, external stressors/supports, and client-therapist fit variables. There are many different methods we may use to deal with the problems that you hope to address. Psychotherapy calls for a very active effort on your part as the client. For the therapy to be most successful, you may be advised to work on issues talked about both during the sessions and at home.

Psychotherapy can have risks as well as benefits. Since therapy often involves discussing unpleasant aspects of life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. However, psychotherapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reduction in feelings of distress. But there are no guarantees of what you will experience.

The first few sessions will include an evaluation of your needs. Your therapist will be able to offer some first impressions of what the work will include if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with your therapist. You should feel free to ask questions about therapy procedures whenever they arise. You can ask about referrals to another mental health professional and your therapist can offer those referrals if it becomes apparent that this would be beneficial to your progress. The length of therapy will vary depending on the problem. The therapy session will be approximately 38-52-minute session (one appointment hour).

Insurance, Billing, and Payments:

All payment or co-payment is due at the time of the session unless other arrangements have been made. You should come prepared to pay any fees at the time of each session. We will file your insurance claim, but you are responsible for contacting your insurance company for pre-authorization prior to your first session. You are responsible for letting your therapist know prior to your session if there are any changes in your insurance policy or coverage. Further, you are responsible for deductibles, co-insurance, and co-payments and you should familiarize yourself with your insurance benefits. If your account has not been paid for more than 90 days and arrangements for payment have not been agreed upon, we have the option of using legal means to secure the payment. Creative Counseling Group, Plc reserves the right to submit overdue accounts to a collection agency. Your therapist reserves the right to suspend scheduling or terminate for non-payment.

Clients who are seeking health insurance reimbursement will be required to sign an authorization form that allows Creative Counseling Group, Plc and or their billing provider to provide the required billing information to the insurance company. Your therapist is required to provide a clinical diagnosis and may be assessed for additional clinical information such as treatment plans or summaries. Your therapist will make every effort to release only the minimum information that is necessary for the purpose requested. This information will become part of the insurance company files.

- Initial Interview - \$150.00 per hour
- 60 Minute Session - \$150.00
- 45 Minute Session - \$100.00
- 30 Minute Session - \$75.00
- Client session with family present-\$115.00
- Family session without client present - \$115.00 (generally not covered by insurance policies)
- Group Therapy - \$45.00

Appointments:

Each appointment is a special time reserved for you. If you are unable to keep your appointment, we ask that you notify us at least 24-hours before your scheduled appointment. You may leave messages.

If you are unable to keep your scheduled appointment and fail to contact us to re-schedule or cancel within 24 hours, you will be billed \$50.00 for a missed session (unless we both agree that you were unable to attend due to circumstances beyond your control). Those fees are not reimbursable through insurance.

Confidentiality:

We understand that the information you share in counseling can be very personal and that by signing this Informed Consent for Treatment, you acknowledge receipt of the Notice of Privacy Practices. That document describes your rights and our obligations regarding the use and disclosure of that information.

Therapists at Creative Counseling Group, Plc. are required to hold information about sessions and clients in confidence and are not allowed to disclose such information without the expressed written consent of those involved in treatment, except in the following circumstances:

- 1) There is clear and imminent danger to you or others in which case the therapist may be required to inform the responsible authorities and warn the identified victim. In the event that this occurs, the therapist will inform you of their responsibilities and actions.
- 2) In situations of suspected physical, emotional, or sexual abuse of a child, or dependent adult abuse, therapists are required to submit a report to the Department of Human Services and may be required to contact authorities.
- 3) Creative Counseling Group, Plc. maintains records of treatment, diagnosis, assessment, and treatment planning in accordance with state law, and to better guide your treatment and assess the effectiveness of treatment provided. You may request restrictions as to how your case information may be used or shared

among staff of the group practice, but Creative Counseling Group, Plc. is not required to agree to those restrictions.

4) If the release of information is mandated the law or court. Some litigation may require the release of records even without the client's authorization. Therapists will not typically testify in court as this can create an irreconcilable role conflict that could harm the therapeutic relationship.

If your child is the client:

Your child has confidentiality. For psychotherapy with your child to be successful, there must be a trusting and confidential relationship between the therapist and your child. As a rule, therapists will keep the information minors share in sessions confidential, unless they have written consent to disclose certain information.

There are, however, important exceptions to this rule that are important for children and teens to understand before they share personal information with therapists in a therapy session. In some situations, therapists are required by law or by the guidelines of our profession to disclose information whether we have your permission. Some of these situations include: The child/teen tells the therapist that she/he plans to cause serious harm or death to themselves, and the therapist believes they have the intent and ability to carry out this threat in the very near future. The therapist must take steps to inform a parent or guardian of what the minor has told them and how serious they believe this threat to be. The therapist must make sure that the client is protected from harming them self.

Another exception to confidentiality is if the client tells the therapist they plan to cause serious harm or death to someone else who can be identified, and the therapist believes they have the intent and ability to carry out this threat in the very near future. In this situation, the therapist must inform the parent or guardian, and the police. If the child is doing things that could cause serious harm to themselves or someone else the therapist must use their professional judgment to decide whether a parent or guardian should be informed.

If a child discloses to their therapist that they are being abused-physically, sexually or emotionally-or that they have been abused in the past, therapists are required by law to report the abuse to the Iowa Department of Human Services.

Finally, if the client is involved in a court case and a request is made for information about your counseling or therapy, there may be issues regarding confidentiality. If this happens, therapists will not disclose information without written agreement unless the court requires them to. Therapists will do all they can, within the law, to protect your confidentiality, and if required to disclose information to the court, you will be informed that this is happening.

Communicating with parent(s) or guardian(s): Except for situations such as those mentioned above, therapists will not tell parents or guardians specific things shared in private therapy sessions. This includes activities and behavior that parents/guardians may not approve of — or would be upset by — but that do not put the child at risk of serious and immediate harm. However, if their risk-taking behavior becomes more serious, then the therapist will need to use their professional judgment to decide whether the child/teen is in serious and immediate danger of being harmed. If the therapist feels that the client is in such danger, they will communicate this information to the parent or guardian.

Even if the therapist has agreed to keep information confidential – to not tell the parent or guardian – the therapist may believe that it is important for them to know what is going on in the child/teen's life. In these situations, the therapist will encourage the child/teen to tell their parent/guardian and will help find the best way to tell them. When meeting with parents, the therapist may sometimes describe problems in general terms, without using specifics, to help them know how to be more helpful to their child/teen.

Children/teens/dependent adults with guardians should also know that, by law in Iowa, there are limitations for the parent/guardian having the right to see any written records kept about sessions. It is rare that a parent/guardian would ever request to look at these records and we ask parents/guardians to respect their child's confidentiality to promote the goals of psychotherapy.

Client/Minor Litigation

Therapist will not voluntarily participate in any litigation, or custody dispute in which a client or their representative/guardian and another individual or entity are parties. We have a policy of not

communicating with representative's attorney and will not write or appear as a witness in an action involving a client. In the event a therapist is involuntarily required to participate in a court case client agrees to reimburse the therapist for any time spent for preparation, travel, or other time in which the therapist has made self-available for such an appearance at the therapist's usual and customary hourly rate. The therapist will not make any recommendation as to the custody or visitation regarding clients.

Contacting your Therapist:

Sessions are scheduled by appointment only. Your therapist is often not immediately available by telephone. If you wish to speak to them during office hours, you may leave a message. Should you need a same day return phone call, please make that clear when you leave your message. Therapist will try to return calls, but cannot guarantee calls will be returned immediately. If you are calling after hours to cancel or schedule/reschedule, please leave a message at 319-284-1514 and our staff will get back to you on the next business day. We are not a comprehensive 24-hour service.

If there is a life-threatening emergency or if you are concerned about an immediate safety issue, you should call 911, go to the emergency service at your nearest hospital, or call your physician.

If you choose to email from your personal email account to my confidential business account, please consider limiting the contents to general questions/information due to an inability to ensure confidentiality. Regarding phone calls, conversations are only considered secure if we are both on a land line.

Termination Agreement:

Clients and therapists may mutually agree to termination of therapy when treatment goals are met. The therapist reserves the right to terminate therapy at her/his discretion. Reasons for termination include, but are not limited to; successful completion of therapy goals, non-attended sessions, untimely payment of fees, failure to comply with treatment recommendations, conflicts of interest, failure to participate in therapy, if client needs are outside of the therapist's scope of competence or practice, or if the client is not making adequate progress in therapy. The client or her/his representative/guardian has the right to terminate therapy at her/his discretion. Upon either party's decision to terminate therapy, the therapist will generally recommend that client participate in at least one, or 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 and make appropriate recommendations if needed. Therapists will also attempt to ensure a smooth transition to another therapist by offering referrals to the client or their guardian(s).

Clients who have not had a session in over 6 months (or within a mutually agreed upon time) will be considered inactive. It is always preferable to have a final session before ending therapy to review and evaluate the sessions and assess overall progress. Please be fully assured that anyone wishing to return to active therapy can do so by scheduling a session by calling 319-284-1514.

I have read and understand the above.

I have been offered a Notice of Privacy Practices.

Accepted

Decline

Print Name

Date of Birth

Signature of Identified Client/Parent/Legal Guardian

Relationship

Witness

Date