

CONSENT FOR SERVICES

Psychotherapy Services: Participation in therapy includes both risks and benefits, including the risk that symptoms or distress may increase during treatment. Benefits can include decreased emotional distress, greater insight and awareness, more adaptive coping skills and behaviors, and improved communication and interpersonal relationships. Therapy **cannot** be guaranteed, and effectiveness of treatment depends on a variety of factors, including the client's level of participation and effort. The client should be aware that they have options for treatment, including no treatment at all. Attending therapy is voluntary, and clients may end treatment at any time. If the client decides that they would like to seek another provider for therapy, your clinician will provide referrals to other providers.

Length of Treatment: Length of treatment will be determined by the therapist and client together and will vary based on the client's needs and severity of symptoms. If for any reason the clinician feels that it is necessary or advisable to end treatment before you would like to, they will provide you with appropriate alternative referrals.

Fees: Typical therapeutic sessions are 45-50 minutes in length. This may be adjustable on a case-by-case basis, which will be discussed prior to the end of session. Payment is due and payable at the time of service, unless alternatives have been discussed prior to the session start and additional paperwork signed indicating the agreed upon alterations. Serenity Therapeutic Services currently only accepts credit card/debit card/HSA cards for payment. For additional services, such as documentation, attending meetings, providing consultation, or phone calls longer than 15 minutes, Serenity Therapeutic Services may charge a pro-rated amount, based on our standard session fee. In cases of failure to pay fees, Serenity Therapeutic Services may enlist the services of a collection agency to collect outstanding debt if necessary. Fees may increase at a future date, and you will be notified in advance if fees are raised.

Parental Involvement for Minor Clients: When a minor is the client, parents may be requested to participate in treatment through family sessions or parenting sessions. A parent/guardian is required to remain on-site during all individual sessions of a minor client. Parents have a right to request information and records about their child's treatment, but Serenity Therapeutic Services requests that parent's respect a certain level of confidentiality as to the content of their child's sessions. Privacy allows children and adolescents to better benefit from the therapy process as they can more openly express themselves. Clinicians will inform parents of any significant safety concerns that the minor may disclose. All other information that can potentially be disclosed will be discussed with both child and parents prior to sessions beginning.

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Cancellation Notice: All cancellations of appointment should be made at least 24 hours in advance. If appointments are cancelled in advance there is no fee for the cancelled session. Cancellations may be left on the company voicemail. **An administrative fee of your full session cost will be charged if you give less than 24-hour notice or no-show for a scheduled appointment.** This fee may be waived at the discretion of the director of Serenity Therapeutic Services.

If you cancel or no-show for two consecutive sessions or stop attending therapy for two weeks without prior arrangement, your reserved appointment time will be released for new clients to book.

Court: Serenity Therapeutic Services and its employees/contractors do not testify in court as witnesses and do not provide court testimony for marital or custody disputes. If a clinician is called to testify in civil court, due to court order or subpoena, a required payment in advance of your standard hourly fee of \$300 per hour during the entire time at court/in depositions/filing paperwork/speaking with outside participants such as lawyers, including travel time, will be charged.

Confidentiality: Information that you discuss with your therapist is usually confidential and will not be discussed with anyone not covered under the HIPPA regulations (See Notice of Privacy Policy). This means that under most circumstances what is discussed in a therapy session will not be reported to anyone, even to other family members (except for therapeutic purposes, in the case of minors). If you wish for information to be disclosed, you may sign a request to release information. There are limits to confidentiality under any of the following circumstances:

1. If you are an imminent or serious danger to yourself
2. If you threaten harm to others
3. If there is reasonable suspicion or a clinician is told of abuse or neglect of a child, elder, or dependent adult ("vulnerable population")
4. If a clinician is ordered by a court to release records or as otherwise required by law
5. To coordinate services with your primary care provider, your psychiatrist, your referring doctor and/or other relevant providers as stated in the HIPPA regulations

All treatment records are the property of Serenity Therapeutic Services and will be stored in a secure electronic health record system. You may submit a written request for your records, and it will be determined whether it is appropriate to release any/all records.

Therapist Contact Between Sessions: You may call, email, or text your clinician between sessions for brief questions, concerns, or scheduling matters. Clinicians are not always able to answer, so please leave a message/voicemail/email and all effort will be made to return your communication within 24 hours. In the case of a psychiatric emergency or crisis, for Travis County residents, please call Psychiatric Emergency Services: (512) 472-4357. For Williamson County residents, please call the Crisis Intervention Team at (800) 841-1255. In case of immediate emergencies, please call 911.

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Email: Email should not be used for a crisis or emergency situation as you may not receive an immediate response. Security of email cannot be guaranteed, and you may wish to avoid the transmission of confidential information or PHI in email. If you choose to email your clinician, you are accepting this risk.

Text Messages: Text messages should be used for scheduling issues only. IF you need to discuss anything else between sessions, please call and leave a voicemail. If you choose to text your clinician, you are accepting all associated risks.

Questions and Other Rights: If you have any questions about the above information or other questions related to your treatment, please feel free to discuss this with your clinician. If you are unhappy with your treatment at any time, Serenity Therapeutic Services Director, Dr. Dunlap, would like to address your concerns. You have the right to considerate, safe, and respectful therapy, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, or source of payment. You have the right to ask questions about any aspect of therapy and about specific training and experience your clinician may have.