

INFORMED CONSENT and AGREEMENT for PSYCHOTHERAPY or for PSYCHOANALYSIS

I. THE PROCESS

Since we do not know one another, I would like to tell you a little about how I work and about my policies.

There are many different forms of psychotherapy. I have an “eclectic” approach, meaning I draw from a variety of theories and methods that have been effective in helping people deal with their internal and external lives. I tailor my approach to meet your individual needs. As you change, our work together reflects those changes.

While benefits can be expected from this treatment, it is important to understand that I can not guarantee a particular outcome. The psychotherapeutic process can sometimes lead to having upsetting feelings and, on occasion, a person may feel worse *before* feeling better.

After our consultation session(s), we will work together to frame out your concerns and to decide on your next steps. Should we agree to work together, we will then establish goals for therapy. Over time, your goals may change, and we will review periodically your progress and further redefine your goals.

II. HIPAA: PRIVACY RULES: Psychologists’ practices to protect your Health Information.

New York State law and professional ethics require Psychologists to maintain confidentiality and not to release information about you **without your written consent**. Also, I follow Federal legal guidelines about your privacy protection and rights set by the Health Insurance Portability and Accountability Act (HIPAA). Thus, as your Psychologist I keep strict confidentiality about what you share with me.

However, I am subject to New York State laws about mandatory reporting of these three possible **exceptions**:

- 1.** To protect children from harm, I am required to report any suspected child abuse or neglect.
- 2.** Should I learn information that could result in danger, injury or harm to you or to your property or to others or to their property, then I have a duty to notify some other person or official, to reduce that risk of danger.
- 3.** If you are currently involved in litigation or become so involved, the court may request a report, an evaluation, or your entire mental health record. If you are requested to sign a release for psychotherapy records, you should consult with your attorney.

CONFIDENTIALITY

If an insurance carrier or a managed care company is paying for your treatment, you should be aware that your treatment records are available to them upon request. They are likely to put your treatment information into a central computer database that could be accessed by others and potentially compromise your confidentiality.

Please be aware that if your account has not been paid for an extended time, and you have not made arrangements with me, I may need to use legal means to secure payment. This would require disclosure of identifying information, e.g. nature of services and amounts due.

On occasion, if I need to consult with professional colleagues about our work together. I will not use your name or other identifying information. If I feel that I would like to reveal more general data, I will first seek your expressed consent. Also, If I am away or unavailable, and another psychologist is covering for me, it may be necessary to share some essential information about our work in order for the covering psychologist to help you in an emergency situation.

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