

# True To You Psychotherapy & Consulting, Inc.

Dr. Jas Tilghman, Ph.D. – PSY28549

## POLICIES and INFORMED CONSENT

*This form provides you, the patient, with information that is additional to that detailed in the Notice of Privacy Practices and it is subject to HIPAA preemptive analysis.*

**CONFIDENTIALITY:** All information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without your written permission except where disclosure is required by law.

**WHEN DISCLOSURE IS REQUIRED OR MAY BE REQUIRED BY LAW:** Some of the circumstances where disclosure is required or may be required by law are: where there is a reasonable suspicion of child, dependent, or elder abuse or neglect; where a patient presents a danger to self, to others, to property, or is gravely disabled; or when a patient's family members communicate to a True To You Psychotherapy & Consulting, Inc. provider that the patient presents a danger to others. Disclosure may also be required pursuant to a legal proceeding by or against you. If you place your mental status at issue in litigation initiated by you, the defendant may have the right to obtain the psychotherapy records and/or testimony by a True To You Psychotherapy & Consulting, Inc. provider. In couple and family therapy, or when different family members are seen individually, even over a period of time, confidentiality and privilege do not apply between the couple or among family members, unless otherwise agreed upon. The True To You Psychotherapy & Consulting, Inc. provider will use his/her clinical judgment when revealing such information. True To You Psychotherapy & Consulting, Inc. will not release records to any outside party unless they are authorized to do so by all adult parties who were part of the family therapy, couple therapy, or other treatment that involved more than one adult client.

**EMERGENCY:** If there is an emergency during therapy, or in the future after termination, where a True To You Psychotherapy & Consulting, Inc. provider becomes concerned about your personal safety, the possibility of you injuring someone else, or about you receiving proper psychiatric care, he/she will do whatever he/she can within the limits of the law, to prevent you from injuring yourself or others and to ensure that you receive the proper medical care. For this purpose, he/she may also contact or communicate with the person whose name you have provided as your emergency contact on the patient information sheet.

**HEALTH INSURANCE & CONFIDENTIALITY OF RECORDS:** Disclosure of confidential information may be required by your health insurance carrier in order to process the claims. If you so instruct True To You Psychotherapy & Consulting, Inc., only the minimum necessary information will be communicated to the carrier. True To You Psychotherapy & Consulting, Inc. has no control over, or knowledge of, what insurance companies do with the information he/she submits or who has access to this information. You must be aware that submitting a mental health invoice for reimbursement carries a certain amount of risk to confidentiality, privacy or to future capacity to obtain health or life insurance or even a job. The risk stems from the fact that mental health information is likely to be entered into big insurance

companies' computers and is likely to be reported to the National Medical Data Bank. Accessibility to companies' computers or to the National Medical Data Bank database is always in question as computers are inherently vulnerable to hacking and unauthorized access. Medical data has also been reported to have been legally accessed by law enforcement and other agencies, which also puts you in a vulnerable position.

**LITIGATION LIMITATION:** Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential nature, it is agreed that, should there be legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits, etc.), neither you nor your attorney(s), nor anyone else acting on your behalf will call on a True To You Psychotherapy & Consulting, Inc. provider to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested unless otherwise agreed upon.

**CONSULTATION:** True To You Psychotherapy & Consulting, Inc. providers consult regularly with other professionals regarding patients. We may consult with other True To You Therapy. Staff disclosing confidential information for the purpose of obtaining input that is used to help make a decision for treatment that maximizes patient benefit and minimizes patient risk. However, if we consult with professionals outside of True To You Psychotherapy & Consulting, Inc. each patient's identity remains completely anonymous and confidentiality is fully maintained.

**E-MAILS, CELL PHONES, COMPUTERS, AND FAXES:** It is very important to be aware that computers and unencrypted e-mail, texts, and e-faxes communication can be relatively easily accessed by unauthorized people and hence can compromise the privacy and confidentiality of such communication. E-mails, texts, and e-faxes, in particular, are vulnerable to such unauthorized access due to the fact that servers or communication companies may have unlimited and direct access to all e-mails, texts and e-faxes that go through them. While data on True To You Psychotherapy & Consulting, Inc.'s laptop is encrypted, e-mails and e-fax are not. It is always a possibility that e-faxes, texts, and email can be sent erroneously to the wrong address and computers. True To You Psychotherapy & Consulting, Inc.'s laptop is equipped with a firewall, a virus protection and a password. Please notify True To You Psychotherapy & Consulting, Inc. if you decide to avoid or limit, in any way, the use of e-mail, texts, cell phones calls, phone messages, or e-faxes. If you communicate confidential or private information via unencrypted e-mail, texts or e-fax or via phone messages, True To You Psychotherapy & Consulting, Inc. providers will assume that you have made an informed decision, will view it as your agreement to take the risk that such communication may be intercepted, and she will honor your desire to communicate on such matters. Please do not use texts, e-mail, voice mail, or faxes for emergencies.

**RECORDS AND YOUR RIGHT TO REVIEW THEM:** Both the law and the standards of require that True To You Psychotherapy & Consulting, Inc. keep treatment records for at least 7 years after termination of therapy (and for minors 7 years after a minor reaches the age of eighteen or 7 years after termination of therapy, whichever is longer). Unless otherwise agreed to be necessary, True To You Psychotherapy & Consulting, Inc. retains clinical records only as long as is mandated by California law. If you have concerns regarding the treatment records,

please discuss them with True To You Psychotherapy & Consulting, Inc. As a patient, you have the right to review or receive a summary of your records at any time, except in limited legal or emergency circumstances or when your True To You Psychotherapy & Consulting, Inc. provider assesses that releasing such information might be harmful in any way. In such a case, True To You Psychotherapy & Consulting, Inc. will provide the records to an appropriate and legitimate mental health professional of your choice. Considering all of the above exclusions, if it is still appropriate, and upon your request, True To You Psychotherapy & Consulting, Inc. will release information to any agency/person you specify unless True To You Psychotherapy & Consulting, Inc. assesses that releasing such information might be harmful in any way. When more than one patient is involved in treatment, such as in cases of couple and family therapy, True To You Psychotherapy & Consulting, Inc. will release records only with signed authorizations from all the adults (or all those who legally can authorize such a release) involved in the treatment.

**TELEPHONE & EMERGENCY PROCEDURES:** True To You Psychotherapy & Consulting, Inc. does not have the infrastructure to manage emergencies and crises, therefore, if such arises, True To You Psychotherapy & Consulting, Inc. will help refer you to the appropriate resources. If you need to contact your True To You Psychotherapy & Consulting, Inc. provider between sessions, please leave a message on your Provider's direct line voicemail and your call will be returned as soon as possible. True To You Psychotherapy & Consulting, Inc. providers check messages regularly during the daytime hours. If an emergency situation arises, indicate it clearly in your message, and if you need to talk to someone right away call Psychiatric Emergency Services Los Angeles: 310-482-3260, 24-hour Crisis Line Los Angeles: 800-854-7771, 24-hour National Suicide Hotline: 800-273-8255, or the Police: 911. Please do not use faxes for emergencies. True To You Psychotherapy & Consulting, Inc. providers may not respond immediately, even to messages that indicate an emergency, and therefore you should use one of the other provided crisis numbers for immediate help.

**PAYMENTS & INSURANCE REIMBURSEMENT:** Patients are expected to pay the standard fee of \$250 per 60 minute initial assessment and \$200 per 45 minute session at the end of each session. Session fee may also be pre-determined based on service(s) provided. Telephone conversations, site visits, writing and reading of reports, consultation with other professionals, release of information, reading records, longer sessions, travel time, etc. will be charged at the same rate, unless indicated and agreed upon otherwise. Please notify True To You Psychotherapy & Consulting, Inc. if any problems arise during the course of therapy regarding your ability to make timely payments. Patients who carry insurance than ones your True To You Therapy provider is contracted with should remember that professional services are rendered and charged to the patients and not to the insurance companies. Unless agreed upon differently, True To You Psychotherapy & Consulting, Inc. will provide you with a copy of your receipt upon request, which you can then submit to your insurance company for reimbursement, if you so choose. As was indicated in the section, *Health Insurance & Confidentiality of Records*, you must be aware that submitting a mental health invoice for reimbursement carries a certain amount of risk. Not all issues/conditions/problems, which are dealt with in psychotherapy, are reimbursed by insurance companies. It is your responsibility to verify the specifics of your coverage. If your account is overdue (unpaid) and there is no written agreement on a payment plan, True To You Psychotherapy & Consulting, Inc. can use legal or other means (courts, collection agencies, etc.) to obtain payment.

**MEDIATION & ARBITRATION:** All disputes arising out of, or in relation to, this agreement to provide psychotherapy services shall first be referred to mediation, before, and as a pre-condition of, the initiation of arbitration. The mediator shall be a neutral third party chosen by agreement of True To You Psychotherapy & Consulting, Inc. and the patient(s). The cost of such mediation, if any, shall be split equally, unless otherwise agreed upon. In the event that mediation is unsuccessful, any unresolved controversy related to this agreement should be submitted to and settled by binding arbitration in Los Angeles, California in accordance with the rules of the American Arbitration Association which are in effect at the time the demand for arbitration is filed.

Notwithstanding the foregoing, in the event that your account is overdue (unpaid) and there is no agreement on a payment plan, True To You Psychotherapy & Consulting, Inc. can use legal means (court, collection agency, etc.) to obtain payment. The prevailing party in arbitration or collection proceedings shall be entitled to recover a reasonable sum as and for attorney's fees. In the case of arbitration, the arbitrator will determine that sum.

### **THE PROCESS OF THERAPY/EVALUATION AND SCOPE OF PRACTICE:**

Participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that led you to seek therapy. Working toward these benefits, however, requires effort on your part. Psychotherapy requires your very active involvement, honesty, and openness in order to change your thoughts, feelings, and/or behavior. True To You Psychotherapy & Consulting, Inc. providers will ask for your feedback and views on your therapy, its progress, and other aspects of the therapy and will expect you to respond openly and honestly. Sometimes more than one approach can be helpful in dealing with a certain situation. During evaluation or therapy, remembering or talking about unpleasant events, feelings, or thoughts can result in you experiencing considerable discomfort or strong feelings of anger, sadness, worry, fear, etc., or experiencing anxiety, depression, insomnia, etc. True To You Psychotherapy & Consulting, Inc. may challenge some of your assumptions or perceptions or propose different ways of looking at, thinking about, or handling situations, which can cause you to feel very upset, angry, depressed, challenged, or disappointed. Attempting to resolve issues that brought you to therapy in the first place, such as personal or interpersonal relationships, may result in changes that were not originally intended. Psychotherapy may result in decisions about changing behaviors, employment, substance use, schooling, housing, or relationships. Sometimes a decision that is positive for one family member is viewed quite negatively by another family member. Change will sometimes be easy and swift, but more often it will be slow and even frustrating. There is no guarantee that psychotherapy will yield positive or intended results. During the course of therapy, True To You Psychotherapy & Consulting, Inc. providers are likely to draw on various psychological approaches according, in part, to the problem that is being treated and her assessment of what will best benefit you. These approaches include, but are not limited to, behavioral, cognitive-behavioral, interpersonal, multicultural, existential, system/family, developmental (adult, child, family), humanistic or psycho-educational.

**TREATMENT PLANS:** Within a reasonable period of time after the initiation of treatment, your True To You Psychotherapy & Consulting, Inc. provider will discuss with you their

working understanding of the problem, treatment plan, therapeutic objectives, and their view of the possible outcomes of treatment. If you have any unanswered questions about any of the procedures used in the course of your therapy, their possible risks, your provider's expertise in employing them, or about the treatment plan, please ask and you will be answered fully. You also have the right to ask about other treatments for your condition and their risks and benefits.

**TERMINATION:** As set forth above, after the first couple of meetings, your True To You Psychotherapy & Consulting, Inc. provider will assess if he/she can be of benefit to you. Our providers do not work with patients who, in their opinion, they cannot help. In such a case, if appropriate, he/she will give you referrals that you can contact. If at any point during psychotherapy your provider either assesses that he/she is not effective in helping you reach the therapeutic goals or perceived you as non-compliant or non-responsive, and if you are available and/or it is possible and appropriate to do, he/she will discuss with you the termination of treatment and conduct pre-termination counseling. In such a case, if appropriate and/or necessary, he/she would give you a couple of referrals that may be of help to you. If you request it and authorize it in writing, your provider will talk to the psychotherapist of your choice in order to help with the transition. If at any time you want another professional's opinion or wish to consult with another therapist, your provider will give you a couple of referrals that you may want to contact, and if he/she has your written consent, he/she will provide them with the essential information needed. You have the right to terminate therapy and communication at any time. If you choose to do so, upon your request and if appropriate and possible, your provider will provide you with names of other qualified professionals whose services you might prefer.

**DUAL RELATIONSHIPS:** Despite a popular perception, not all dual or multiple relationships are unethical or avoidable. Therapy never involves sexual or any other dual relationship that impairs your provider's objectivity, clinical judgment or can be exploitative in nature. Your provider will assess carefully before entering into non-sexual and non-exploitative dual relationships with patients. It is important to realize that in some communities, particularly small towns, military bases, university campus, etc., multiple relationships are either unavoidable or expected. True To You Psychotherapy & Consulting, Inc. providers will never acknowledge working with anyone without his/her written permission. Many patients have chosen certain providers as their therapist because they knew them before they entered therapy, and/or are personally aware of the provider's professional work and achievements. Nevertheless, your provider will discuss with you the often-existing complexities, potential benefits and difficulties that may be involved in dual or multiple relationships. Dual or multiple relationships can enhance trust and therapeutic effectiveness but can also detract from it and often it is impossible to know which ahead of time. It is your responsibility to advise your provider if the dual or multiple relationship becomes uncomfortable for you in any way. Your provider will always listen carefully and respond to your feedback and will discontinue the dual relationship if she finds it interfering with the effectiveness of the therapy or your welfare and, of course, you can do the same at any time.

**SOCIAL NETWORKING AND INTERNET SEARCHES:** At times, your provider may conduct a web search on patients before the beginning of therapy or during therapy. If you have concerns or questions regarding this practice, please discuss them with your provider. True To You Psychotherapy & Consulting, Inc. providers do not accept friend requests from current or

former patients on social networking sites, such as Facebook/Instagram. We believe that adding patients as friends on these sites and/or communicating via such sites is likely to compromise their privacy and confidentiality. For this same reason, we request that patients not communicate with providers via any interactive or social networking web sites.

**CANCELLATION:** Since the scheduling of an appointment involves the reservation of time specifically for you, a minimum of 48 hours (2 days) notice is required for re-scheduling or canceling an appointment. Unless we reach a different agreement, the full fee (\$200) will be charged for sessions missed without such notification. Most insurance companies do not reimburse for missed sessions and therefore payment of this fee will be the responsibility of the patient.

I have read the above Office Policies and General Information, Agreement for Psychotherapy Services or Informed Consent for Psychotherapy carefully (a total of 6 pages); I understand them and agree to comply with them:

**Patient's Name (print)** \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

If patient is a minor their Parent or Guardian may sign above and should indicate their relationship to the patient.

**Psychotherapist's Name (print)** \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_