Informed Consent

Risks and Benefits

Psychotherapy has both benefits and risks. It requires an investment of your time and energy in order to make the process of therapy most successful. We will begin with an evaluation of your needs and we will develop and discuss a treatment plan in accordance with your goals and requests. Occasionally, individuals may go through periods in therapy that may result in emotional discomfort, changes in their relationships, or temporary worsening of their symptoms, which should subside as the work progresses. Please let me know if you are experiencing increased distress so that we can address it. Remember, you always have the right to request changes in treatment or to refuse treatment at any time.

Payment for Services

Psychotherapy is a recognized medical service during which I use evidence-based techniques and standard best practices to assist clients in overcoming their difficulties and reaching their goals. My standard fee is $250 per therapy session and I accept many insurance plans. I am happy to bill your insurance for you if you provide me with your insurance information. If your insurance plan requires a copay or deductible I request that you pay it at the time of service. If you do not have insurance and would like to discuss a payment plan, please let me know.

Your signature below indicates that you:

- Are aware of the risks and benefits of therapy;
- Agree to the payment policy as outlined above and in the fee agreement;
- Have read, understood, and received a copy of the Professional Disclosure Statement;
- Have read, understood, and received a copy of the Privacy Practices;
- Have read, understood, and received a copy of the Communications and Technology Policy;
- Have had any questions about services answered; and
- Are requesting psychotherapeutic services from Patti Bear, LPC, at this time.

_____   _____

Client Signature   Date

_____

Client Printed Name