

## Information and Consent

### Nature of Psychotherapy

Psychotherapy presents an opportunity to work on personal issues. We may explore childhood experiences, which relate to limiting thought and behavior patterns. This usually leads to gradual shifts in current beliefs/actions and helps implement new coping skills. Our relationship is based on equality, cooperation, openness and trust. While psychotherapy has many potential benefits, it is normal to experience some discomfort as you learn new ways of thinking and behaving. Feel free to discuss any discomfort or need of change.

Goals differ widely from person to person. Some clients need just a few sessions to achieve their goals while most clients require more time. Progress depends on dedication and effort. You and I need to be fully committed and will discuss this at our first meeting.

Therapy is most beneficial with a weekly schedule because you can remember and build on the previous week's insights and work. To the fullest extent possible, appointments are for the same day/time every week. Usually, each session is 45-50 minutes from the time of your appointment. If symptoms are more severe, I may recommend to begin with 2-3 times per week to achieve more rapid relief. Since lifestyle, inappropriate nutrition, lack of exercise can contribute to anxiety and mood, I'll give you some guidelines how to implement new habits — in baby steps.

### Qualifications

As a licensed marriage and family therapist, I offer individual, couple, family, and group therapy. I am certified in art therapy, hypnosis, and Neuro-linguistic Programming (NLP) -- tailoring each session to my client's specific needs. Otherwise, I have special training and experience in grief counseling, anxiety management, and nutrition in terms of mood disorders. If you're interested, you can learn more about used modalities on my website: [www.AndreaVonTroschke.com](http://www.AndreaVonTroschke.com).

### Fees

Before commencing therapy, we have agreed upon your payment of \$160 unless we have a special arrangement. Fees are payable at each session. I accept cash or check. Please prepare the payment before session, so we don't waste time for searching/writing the check. There is a \$25.00 charge for bounced checks. Fees are subject to change with a minimum of three months notice. If you have a mental health condition that is covered by your health insurance and you would like to use it, I'll provide you with a super bill.

### Keeping appointment

It will be very rare that our session starts late — and I will accommodate that. If you are late for session, I cannot make up the lost time since the next client deserves to be seen at the set time.

Scheduled times need to be cancelled at least 24 hours earlier on working days. This means, if we have an appointment on Mondays, it needs to be cancelled by Friday. If you cancelled in less time or did not come to your scheduled session, I have to charge the full fee (not the co-payment) because I cannot bill the insurance for a session, which did not take place.

The only exception is a case of medical emergency, however not more than four per year.

### Confidentiality

Our communication is strictly confidential. Except in the following cases:

- a) You direct me in writing to communicate with someone else, signing a release;
- b) A determination is made that you are in imminent danger of harming yourself or someone else;
- c) Suspected or actual child abuse, adult dependent abuse, and elderly abuse;
- d) A court of law requires disclosure;
- e) Your insurance company and claim specialist company require information for filing insurance claims, which become part of your insurance records.

***A note regarding minors:*** With the exception of potential or actual harm to the client, all information received from minors is confidential. However, I encourage parents' involvement and update them about their child's general progress.

### Emergencies

I have a 24-hour answering service that I will check several times a day, but not at night, weekends and holidays. For emergencies, please contact your doctor/psychiatrist or call Help Line (800) 824-6423, Suicide Prevention Center (310) 391-1253, or 911.

### Statement of Understanding

I have read and understand this information sheet and informed consent.

Client \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Minor, if over 12 years old \_\_\_\_\_ Date \_\_\_\_\_

Therapist \_\_\_\_\_ Date \_\_\_\_\_