

HERE AND NOW INC

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PRACTICE POLICIES

NOTICE TO CLIENTS

The Board of Behavioral Sciences receives and responds to complaints regarding services provided within the scope of practice of marriage and family therapists. You may contact the Board online at www.bbs.ca.gov, or by calling (916) 574-7830.

APPOINTMENTS AND CANCELLATIONS

The standard meeting time for psychotherapy is 50 minutes. It is up to you, however, to determine the length of your sessions. Requests to change the 50-minute session must be discussed with the therapist in advance so that time can be scheduled accordingly.

Please provide at least 24 hours' notice for cancellations or rescheduling. Sessions cancelled with less than 24 hours' notice will be charged the full fee. This policy helps ensure that time set aside for you is respected and available.

If you are late for a session, you may lose some of that session time.

A \$10.00 service charge will be charged for any checks returned for any reason.

FEES AND PAYMENT

My standard fees are as follows:

- \$225 per hour (individual sessions)
- \$325 for 90 minutes (couples sessions)

Payment is due at the time of service unless otherwise arranged.

TELEPHONE ACCESSIBILITY

If you need to contact me between sessions, please leave a message on my voicemail. I am often not immediately available; however, I make a reasonable effort to return calls within 24 hours.

These services are not intended for crisis support.

If you are experiencing an emergency or feel unable to keep yourself safe, please call 911 or go to the nearest emergency room.

SOCIAL MEDIA AND TELECOMMUNICATION

Due to the importance of your confidentiality and the importance of minimizing dual relationships, I do not accept friend or contact requests from current or former clients on any social networking sites (Facebook, LinkedIn, etc). I believe that adding clients on these sites can compromise your confidentiality and our respective privacy, and may blur the boundaries of our therapeutic relationship.

If you have questions about this, we can discuss them in session.

ELECTRONIC COMMUNICATION

Email and text messaging should be used for scheduling purposes only. I cannot ensure the confidentiality of communication through electronic media and may not respond immediately. Please do not use these methods to discuss therapeutic content or for emergencies.

TELEHEALTH

Services provided via telephone, video, or other electronic means are considered telehealth under California law. Telehealth involves the use of technology to deliver services when therapist and client are not in the same physical location.

If we choose to use telehealth, you understand and agree to the following:

- You have the right to consent to or decline telehealth services, and you may withdraw your consent at any time without affecting your ability to receive future services.
- Telehealth services are intended to provide access to care and may offer convenience, continuity, and flexibility in scheduling.

- There are potential risks to confidentiality, including the possibility that electronic communications could be accessed by unauthorized individuals despite reasonable safeguards.
- There may be limitations to telehealth, including potential disruptions due to technology failure, reduced ability to observe certain nonverbal or physical cues, and differences from in-person sessions that may impact the therapeutic process.
- It is your responsibility to participate in telehealth sessions from a private, safe location where confidentiality can be reasonably maintained.
- I will take reasonable steps to ensure your privacy and the security of our communication platforms, in accordance with applicable laws and professional standards.
- You have the right to request in-person services when available and appropriate.
- I will assess on an ongoing basis whether telehealth is appropriate for your care, and may recommend alternative arrangements if needed.

MINORS

If you are a minor, your parents may be legally entitled to some information about your therapy. I will discuss with you and your parents what information is appropriate for them to receive and which issues are more appropriately kept confidential.

TERMINATION

Ending relationships can be difficult. Therefore, it is important to have a termination process in order to achieve some closure. The appropriate length of termination depends on the length and intensity of treatment.

I may terminate treatment after appropriate discussion with you and a termination process if I determine that psychotherapy is not being effectively used or if you are in default on payment. I will not terminate the therapeutic relationship without first discussing and exploring the reasons and purpose of terminating.

If therapy is terminated for any reason or you request another therapist, I will provide you with a list of qualified psychotherapists for referral. You may also choose someone on your own or from another referral source.

If you do not schedule or attend sessions for three consecutive weeks without prior arrangement, I may consider the professional relationship discontinued.

AGREEMENT

By signing below, I acknowledge that I have read, understood, and agree to the policies outlined in this document.