

Jessica Smith, MA, MFT

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Client-Therapist Informed Consent

Psychotherapy

I believe that therapists and clients are partners in the therapeutic process, and it is my intention to provide services to you that will assist you in reaching your goals. Based upon the information that you provide, in addition to my clinical observations, I will provide you with my assessment and recommendations regarding your treatment. Psychotherapy is not a guarantee of a cure, however, the success of your therapy depends on your willingness to consistently work towards positive change within your life.

Confidentiality/Limits to Confidentiality

Your sessions and your identifying information are confidential and I have a legal and ethical obligation to protect your privacy. However, there are a number of circumstances that may warrant the release of information, including interactions with insurance companies, to ensure your safety or the safety of minors or elders or in some legal proceedings. Please see my *Notice of Privacy Practices* for more information about your confidentiality.

Court policy

I do not write letters for court or custody cases.

If you are in a legal proceeding and I am subpoenaed to appear in court regarding your case, you will be charged my current hourly session rate for the full time that I am required to be present for such proceedings. Additionally, if your records are requested or ordered to appear by the court, any time that I spend with your lawyer or handling and delivering your records will also be charged at the hourly session rate.

Schedule, Cancellation Policy and Fees

- 24 hours notice is required to cancel or reschedule a session; if you do not give me at least 24 hours, you will be asked to pay for the missed session
- Appointments will be weekly for 50 minutes unless we determine another arrangement is warranted
- Phone sessions are charged at hourly rate once the call exceeds 10 minutes
- Payments are due at each session unless previous arrangements have been made
- You will receive at least 30 days notice of any increases in my fee
- It is my belief that your self-exploration and healing is best served by a strong commitment to your attendance and I ask you to honor your intention in this process. If you are unable to attend regular sessions, we can explore the considerations together and decide how to best meet your needs.

Somatic Approach

As part of my theoretical orientation, our work could include movement or therapeutic touch if it is appropriate to facilitate the healing process. I will discuss this with you prior to the work and you always have a right to decline any suggestion that I make.

Name on License

While I am doing business as Jessica Smith, my license is under the name Jessica Berkana (MFC 47647).

Emergencies

If you are having a mental health emergency please call 911, then call my voicemail. I will call you back within 24 hours.

I have read the above information, have discussed any questions I may have and agree to comply with the terms of this agreement.

Client name _____ Signature _____ Date _____