

**TORREY COMMISSO, Licensed Professional Clinical Counselor #7733**  
**34092 Violet Lantern, #100 Dana Point, CA 92629**  
**TherapywithTorrey.com ~ 206.669.4288 ~ TorreytheTherapist@gmail.com**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ Okay to contact via call/text? [ ] Yes [ ] No

E-mail: \_\_\_\_\_ Okay to contact via email? [ ] Yes [ ] No

Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_ Okay to contact via call/text? [ ] Yes [ ] No

**Counseling Policies** (each item needs to be agreed and initialed before first session):

\_\_\_\_\_ Exceptions to Confidentiality – otherwise everything you tell me in session I will hold confidential

- You have plans to seriously hurt to someone else
- You are talking about taking your life
- That you're going to do major property damage
- You tell me about any potential child or elder abuse that has gone on in the past Then I will notify the necessary parties.

\_\_\_\_\_ Torrey Commisso is a Licensed Professional Clinical Counselor, license number #7733 with the California Board of Behavioral Sciences. This means she obtained a graduate school level degree relevant to counseling and completed her first 3,000 hours of supervised counseling practice in addition to passing her Board Exam.

\_\_\_\_\_ Please make every effort to cancel any sessions you have scheduled at least 24 hours ahead of time, if you consistently no-show it tells me you are not ready for change and I will give your session time to someone who is ready for the commitment.

\_\_\_\_\_ You have been given the option to read the HIPAA Privacy Policy, there are copies in my office or it is available on my website (TherapywithTorrey.com).

\_\_\_\_\_ If you are upset with something I said please have one more session to clear up any mis- understandings and make suggestions for a therapist that may be a better fit.

\_\_\_\_\_ If you are not making therapeutic progress I have the right to terminate therapy, this rarely happens and there are usually several session warnings this is the path you are on.

\_\_\_\_\_ In the event of an emergency you should always call 911, Mission & Hoag Hospital have an excellent reputation should the need arise. I have also added a resources section to my website if you are not able to get ahold of me and need additional help outside of your scheduled appointment.

\_\_\_\_\_ Payment is due prior to your session starting and can be done via credit card on my website or Venmo (@Torrey-Commisso)

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Christian Integration - As a therapist who attends Saddleback Church I follow the Statement of Faith of this church (available on Saddleback.com). Would you like me to include the Christian Integration aspect into your counseling sessions?  Yes  No

Telehealth – Given the unique times we are in with the COVID-19 pandemic for everyone’s safety I am offering in-person and online sessions. Simple Practice offers a HIPPA compliant platform for healthcare providers that I utilize for my private practice at this time. Additionally, some clients may prefer to do their sessions via text to maximize efficiency and say the hard things without actually having to “say” them verbally. An initial intake session is still required via to make sure this is a good fit option.

Sometimes therapy makes life seem more difficult before it improves things, I encourage you to keep coming to see the changes though for the best experience possible. Please sign below that you are interested in exploring this process.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (If client is a minor)

\_\_\_\_\_  
Date

If client is a minor, please indicate if parents are divorced:  Yes  No

\*If yes, I need signatures from both parents, assuming legal decision making is joint.

Main reason for visit: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you hope to get out of therapy: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Some of your strengths and weaknesses: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_