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Expanded Disclosure and Therapy Agreement:

Welcome! I am happy you have made the decision to initiate a journey of change through therapy. As part of that journey, you will need to decide whether or not I am right fit for you; so I'd would like to take the time to let you know a bit about me, the scope of my practice, what I expect from my clients – and conversely what you can expect from me. Please read this document carefully, and let me know if you have any questions about what it says, or what it means. We cannot begin therapy sessions without your signature of acceptance of this agreement, which will remain in effect unless revoked by you in writing. I am excited to be a part of your journey!

I approach therapy as a cooperative effort between myself, the therapist and you, the client. I approach therapy from systems and attachment theories. This means that I attend to the well-being of my clients both individually and through your many relationships. I believe that the whole is greater than the sum of its parts, and approach therapy in this way – as a joint endeavor. This does not only apply to the interaction of the clients in the therapy room, but also in the way you interact with the world around you. This will help me to understand you, and address your needs, more fully.

I believe that cooperative therapy doesn't end with the client. I will work to involve you in the process of treatment. This means that I will include you and elicit input in your goal-setting and treatment planning. My goal is to empower you to take charge of your therapeutic experience, and this is just one way of doing that.

I will provide services as you need them. Ideally, treatment will end when you feel you have accomplished your goals, or when you feel that services are no longer as helpful or necessary as they were when you began. I encourage you to be open and honest about your needs and goals throughout the therapy process so that we can work together to best achieve those goals.

Appointments, Fees & Cancellations

I hold 50-minute sessions, and the fee is \$90 per session (or sliding scale fee which is agreed upon in writing by the first session). Payments are expected at the beginning of each session or are charged by IvyPay. Any additional services requested, including legal proceedings and emergency phone calls lasting ten minutes or more, will be charged at a rate of \$225 per hour for any professional time spent – including preparation of records, time spent communicating with legal representatives, travel time, etc. - plus any additional expenses therapists may incur.

All cancellations should be made with at least 24 hours advanced notice. While I understand that emergencies happen, and will do my best to accommodate rescheduled appointments, I cannot make promises. All cancelled appointments with less than 24 hours' notice will be charged a \$25 late cancellation fee. A no-show (missed appointment without any notice) will be charged full fee for the session. **Please notify me immediately if you will not be able to make your appointment.**

Contacting Your Therapist and Emergencies

I can be contacted via phone, at the number listed above, or email. Please note that any communication made via email, fax and cell phone **may not be secure / confidential** due to the nature of technology and the process through which information travels. If you choose to communicate with me via any of these methods, I cannot be held accountable for any breaches in confidentiality.

In the case of an emergency, please leave a message and I will return your call as quickly as possible. If you or someone around you is in immediate danger, **please call 911**. For security reasons, my personal contact information will not be released to clients. If you experience any difficulties contacting me, please let me know so I can address any problems.

Uses of Technology

It is my policy not to connect with any clients, current or previous, through social media or other online forums in order to maintain a professional and confidential therapeutic relationship. This boundary includes, but is not limited to: Facebook, Twitter, Instagram, LinkedIn, Google+, etc. If you choose to follow my professional social media page(s), please know that I cannot protect your confidentiality.

Client Rights & Responsibilities

You have the right to refuse treatment at any time during our work. You have the right to be treated with respect and dignity, and to assert your voice at any point during our work. You have the right, and the responsibility, to ask questions about your therapist's approach, my treatment modality, or when you feel that progress is not being made. You also have legal rights, which are protected through the Health Insurance Portability and Accountability Act (HIPAA), which has been given to you in a separate document. It is your responsibility to communicate any questions or concerns you may have regarding HIPAA or privacy, and I am more than happy to address any of these concerns and answer any questions you may have to the best of my ability.

Psychotherapy has benefits and risks, and although it is an effective mode of treatment for a variety of problems, positive results cannot be guaranteed. In order for therapy to be successful, you will need to work on things we discuss outside the therapy office. It is important that we form a collaborative relationship and that you feel comfortable sharing your needs and expectations. Additionally, because you will be discussing some unpleasant aspects of your life, it is important to recognize that you will likely experience some intense feelings. Not only is this normal, it is beneficial.

It is your responsibility to participate fully in the therapeutic process. It is also your responsibility to decide whether your therapist and her methodology is the right fit for you. If you decide it is not, you have the responsibility to speak up and communicate this with your therapist. We want you to be successful, and if I am not the right fit for you, I will be more than happy to help find one that IS the best fit.

