

Emaline Friedman, PhD, LPCA

Her Linus LLC

emalinefriedman@proton.me

(503) 782-5818

Practice and Policies

Beginning Treatment

The 'assessment phase' of therapy typically lasts a few sessions. During this time, it is critical that we consider our goodness of fit, and your readiness, for the often difficult work that lies ahead. In order to pursue a meaningful and effective course of therapy, it is also necessary that I carefully listen to your speech, and observe how your mind works, for some time before intervention or the provision of a prognosis and treatment direction. While I understand how difficult it can be to anticipate a more conversational engagement, I have found that a non-directive approach delivers optimal intake information in the majority of cases.

Teletherapy and Video Sessions

I offer teletherapy or occasional video sessions for my patients in order to provide additional flexibility when plans change, or during periods of travel. However, it is **highly recommended** to meet in person during the assessment phase of treatment if at all possible. This will give us an opportunity to get to know each other's embodied characters before turning to an environment that offers less, and different, cues and signals.

Cancellations/No-Show

Cancellation of a scheduled session is perfectly acceptable, up to 24 hours before it is set to take place. *If you cancel with less than 24 hours notice, or do not arrive for a session without notice, you will be billed the normal fee for the session.*

Sliding Scale

Currently, I am not set up to accept insurance. My full fee is \$150 per session., and I operate on a sliding scale beginning at \$75 for patients facing economic challenges. If you are unable to pay my full

fee, please consider the following rule of thumb: the fee in therapy should be high enough that you sense you are making a commitment, and low enough that the financial burden does not dominate your thinking about the length and utility of the therapeutic process.

Invoicing

I send monthly invoices, at the end of the month, for sessions that take place during that same month. These invoices are sent via encrypted email, without any information identifying you.

Payment Methods

I accept Zelle, PayPal, check, cash, and ACH (bank) transfers. My account information will appear on your monthly invoices.