

NEW CLIENT

REGISTRATION PACKET

**Must be filled out prior to first session to reserve your session.*

**When arriving for a session please stay in your car and I will greet you in the front of the ranch.*

Thank you, see you soon!

NEW CLIENT REGISTRATION FORM _____ **Today's Date** _____

How were you referred? Please circle one.

- ☐ psychologytoday.com
☐ eagala.com
☐ google search
☐ Other: _____

PATIENT'S NAME: _____

Preferred name: _____ Employment status: _____

Age: _____ Birthdate: _____ SSN: _____

Marital/ Relationship Status: _____ Gender: _____

Address: _____

City: _____ Zip: _____

Email address: _____

Mobile phone: _____

Messages: ☐ Okay Voicemail: ☐ Okay ☐ No messages

Home phone: _____

Voicemail: ☐ Okay ☐ No messages

Reason for appointment? What are 2-3 things you are struggling with or want to improve?

What are you hoping to get out of your time with the horses? _____

IN CASE OF EMERGENCY, WHOM SHOULD WE NOTIFY:

Name: _____

Phone: _____

Relationship: _____

Insurance Information:

Primary Insurance Company: _____

Primary Insurance ID#: _____

Group Number: _____

Birthdate of Insured: _____

SSN of Insured: _____

Relation to Insured: _____

Bring insurance card and ID/Drivers License to the first visit.

PATIENT'S NAME: _____

Credit Card on File. Please initial _____

Purposes of holding credit card information on file ensures no-show fees, deductibles are collected, and **reserves your session**. Your card information is stored confidentially and you will be notified of any fee(s) charged. Please be prepared to bring your credit card you wish to hold on file.

Name on card: _____

Credit Card type: _____

Credit card number: _____

CVS: _____

Expiration date: _____

Billing address: _____

Patient (or Guardian) Name (please print) Date

Signature of Patient (or authorized representative) Date

Informed Consent & Agreement For Psychotherapy Services

This document is intended to provide important information to you regarding your treatment. Please read the entire document carefully and be sure to ask any questions that you may have regarding its contents before signing it. It is your right to have a complete explanation for any questions you may have, now or in the future. Although I know this may be uncomfortable at times, your openness and honesty will allow me to better serve you. You are free to ask questions at any time, and anything else related to your therapy or other concerns.

Thrive Together Therapy LLC works with, The Legacy Ranch providing Equine-Assisted Psychotherapy to the Chicagoland area. EAGALA includes, interaction with the horses. This type of experiential therapy has been scientifically-proven to be effective form of treatment to help heal individuals and families who have not previously found success with traditional talk therapy.

Why horses? There are several reasons we choose to use horses in this work, but primarily it is due to their nature as a social and prey animal. As a result of this nature, they have an extraordinary ability to read our nonverbal communication – picking up on messages we are sending which we are not always conscious we are doing. With this, they start responding to us in familiar ways reminding us of other people and things in our life. It is through this they become metaphors (symbols) providing us the opportunity to work on ourselves in relation to those aspects of our lives.

There are some risks in being around horses due to their size and nature of being an animal. It is important you understand the risks and benefits and ask any questions you may have about that in making your decision to be involved in these services.

1. Sessions are conducted by a treatment team of a **Licensed Mental Health Professional (MH) Nora Whitlock, LCSW (#149.019709) and a qualified Equine Specialist (ES)** in all your sessions. These professionals are EAGALA Certified which means completion of specialized training in this model, requirements of ongoing continuing education and adherence to high standards of professionalism and practice. While both members of the team are involved in your therapy process, the role of the ES is to oversee physical safety needs and provide observations on the behaviors of the horses. The MH is there to oversee the psychotherapy process and help you make the parallels of the horse observations to your therapy goals and life.

2. All sessions are on the ground – there is no riding of horses involved in the treatment process. This is psychotherapy and even though you may learn a thing or two about horses, it is not the intent or focus to learn about horses or how to ride them. We are here to address your therapy goals and we commit to utilizing the methods we have found to best support that focus.
3. The process is solution-oriented – meaning we believe you have the best solutions for yourself when provided the opportunity to discover them. We are here to provide the space and guidance through exploring what is happening in the process. You are an individual, and every life situation you are involved in will have its own unique solutions which fit best for you – we are here along with the horses to help you find them.
4. This process also incorporates “Best Practice” or “Evidence Based” interventions as determined by the Mental Health professional.
5. Eagala is an international, nonprofit professional association for equine-assisted psychotherapy and has standards and a code of ethics which we follow and have accountability to as Eagala Certified professionals. You may review a copy of the Code of Ethics as well as go to www.eagala.org for more information. You can read more about why horses and Eagala Model equine-assisted psychotherapy at www.eagala.org and feel free to ask questions at any time.

Fees.

The fee for service is \$150 per 50- 53 minute therapy session. I reserve the right to periodically adjust the fee. You will be notified of any fee adjustment in advance. Fees are payable at the time that services are rendered.

Appointment Scheduling and Cancellation Policies.

Sessions are typically scheduled to occur one time per week at the convince of the client and therapist. I may suggest a different amount of therapy depending on the nature and severity of your concerns. If an appointment is missed, or canceled with less than **48 hours notice**, you will be charged the fee \$150.00 for that missed session. **** To notify of any cancelation, you must text both, Nora at 708-408-2817 Please initial _____**

Credit Card on File. Please initial _____

Purposes of holding credit card information on file ensures no-show fees, and deductibles are collected. Your card information is stored confidentially and you will be notified of any fee(s) charged. Please be prepared to bring your credit card you wish to hold on file.

Delinquent Accounts.

You understand that you are responsible for all charges incurred and that services must be paid in full at the time of each visit, unless other arrangements have been made in advance.

Termination of Therapy.

The length of your treatment and the timing of the eventual termination of your treatment depend on the specifics of your treatment plan and the progress you achieve. It is a good idea to plan for your termination, in collaboration with me. I will discuss a plan for termination with you as you approach the completion of your treatment goals. You may discontinue therapy at any time. If you or I determine that you are not benefiting from treatment, either of us may elect to initiate a discussion of your treatment alternatives. Treatment alternatives may include, among other possibilities, referral, changing your treatment plan, or terminating your therapy. It is best to discuss this in a planned termination session if at all possible.

Professional Consultation.

Professional consultation is an important component of a healthy psychotherapy practice. As such, I regularly participate in clinical, ethical, and legal consultation with appropriate professionals. During such consultations, I will not reveal any personally identifying information regarding you or your situation.

Collaboration with Other Professionals.

In order to provide quality services, I often need to collaborate with other professionals, such as your physician, psychiatrist, past therapists, and/or other mental health professionals. You will be asked to complete a release of information authorizing these exchanges; in some cases, I may not be able to provide services without this.

Records and Record Keeping.

I may take notes during session, and will also produce other notes and records regarding your treatment. These notes constitute my clinical and business records, which by law, I am required to maintain. Such records are the sole property of the therapist. Should you request a copy of my records, such a request must be made in writing. I reserve the right, the law, to provide you with a treatment summary in lieu of actual records.

Confidentiality. Please initial _____

The information disclosed by you is generally confidential and will not be released to any third party without written authorization from you, except where required or permitted by law.

Exceptions to confidentiality include, but are not limited to, situations where you pose a threat of serious harm to yourself or someone else; cases involving suspected child, elder or dependent adult abuse; cases in which I am court-ordered to testify or produce records.

Acknowledgement

By signing below, Patient(s) acknowledge that Patient(s) have reviewed and fully understand the terms and conditions of this Agreement. Patient(s) have discussed such terms and conditions with the therapist, and have had any questions with regard to its terms and conditions answered to Patient(s)' satisfaction. Patient(s) agree to abide by the terms and conditions of this Agreement and consent to participate in psychotherapy with the Therapist. Moreover, Patient(s) agree to hold Therapist free and harmless from any claims, demands, or suits for damages from any injury or complications whatsoever, save negligence, that may result from such treatment.

Patient (or Guardian) Name (please print)	Date
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Signature of Patient (or authorized representative)	Date
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**Thrive Together Therapy,
Equine Assisted Psychotherapy and Personal Development.
Locations: Burr Ridge, IL, and Clarendon Hills, IL**

Frequent Asked Questions

What if I'm scared of horses, have no horse experience, or never seen a horse?

Our clients do not engage in any horseback riding, all work is done on the ground. Participants will not learn about horsemanship. Many of our participants have little or no horse experience. It is normal for someone to feel uncertain or scared, that's why we allow our participants to take their time to become comfortable around the horses. In all the sessions, there is an EAGALA certified Equine Specialist, who has extensive horse experience and provides safety for horses and participants. All the horses used in our sessions have been and continue to be assessed for their temperament and health. Working around horses there is a certain amount of risk, however the benefits outweigh the risks. Many participants who are unsure about Equine Assisted Therapy and Growth and Learning, discover their experience at the farm with the horses is metaphorical in their life with overcoming their struggles and fears.

Who is in the session? Can my therapist/ equine specialist tell other people about what happened in sessions?

The team during a session consist of the client(s), horse(s), therapist, and equine specialist. The therapist and equine specialist are ethically bound to keep what is said in therapy confidential.

However, there are some exceptions to the rule confidentiality must be broken when your safety or others are at risk. "For example, therapists are required to report if a patient is a threat to themselves or others. This may mean the patient has threatened suicide, is repeatedly harming themselves, or has threatened to harm another person. In this case, a therapist may recommend hospitalization so the patient can be monitored. Once the patient is deemed stable, the therapist may then work with close friends or family members to develop a support plan for the patient in order to maintain that sense of stability.

Additionally, therapists are also required to report cases of ongoing child abuse or neglect. In these cases, a variety of public servants may be brought into the fold, including law enforcement or child protective services. Again, this is a measure created to ensure the safety of a patient and it should not deter you from being open and honest about your situation with your therapist.

Finally, if a minor is seeking therapy and is engaging in risky behavior, their parents or guardian may be informed. Different states have different laws regarding minors in therapy, so it can be a good idea for the parent, therapist, and patient to sit down in an early session and establish ground rules." (www.goodtherapy.org)

What is therapy?

According to www.goodtherapy.org: “Therapy, also called psychotherapy or counseling, is the process of meeting with a therapist to resolve problematic behaviors, beliefs, feelings, relationship issues, and/or somatic responses (sensations in the body). Beginning therapy can be a big step toward being the healthiest version of yourself and living the best life possible—no matter what challenges you may be facing. Through therapy, you can change self-destructive behaviors and habits, resolve painful feelings, improve your relationships, and more.

Though no one can tell you exactly what your therapy process will be like, in all modes of therapy you will establish goals for your therapy and determine the steps you will take to get there. Whether in individual, group, or family therapy, your relationship with your therapist is a confidential one and focuses not only on the content of what you talk about, but also the process. The therapeutic process--how you share your feelings and experiences--is considered to be just as important as the specific issues or concerns you share in therapy.”

“On the whole, you can expect that your therapist will be someone who supports you, listens attentively, models a healthy and positive relationship experience, gives you appropriate feedback, and follows ethical guidelines. Good therapy should be tailored to you and your experiences.”

What should I wear/bring?

Please make sure to dress appropriately for the weather (rain jackets, rain boots, winter coats, hats, sunglasses, gloves, etc.) as most times we will be outside. The indoor arena is heated during winter months, you can reach out to Nora, to request to reserve the indoor arena. Please wear close-toed shoes. If you have allergies, we suggest you take your allergy medication before you come to the farm. Please use sunscreen, bug spray, and bring any emergency medications with you.

How much does a session cost?

The cost depends on if the session is individual, couples, family, or group therapy. We also offer Growth and Learning Workshops. We currently accept BCBS PPO, United Health Care (Optum), and private pay.

If you have any more questions, please feel free to reach out to us! Please contact

Nora Whitlock, LCSW, EAGALA (Equine Assisted Psychotherapy and personal development) Certified Mental Health Professional to learn more, email

Nora@ThriveTogetherTherapyllc.com or call **708-408-2817**.