

Orange County Family Therapy  
Individuals\* Couples\* Families\* Adolescents\* Marriage

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Dr. Vennus Zand, Psy.D., LMFT #84766  
(949) DIAL-MFT (949) 342-5638  
8 Corporate Park, Suite 300 Irvine, CA 92602

**Consent for Treatment**

Welcome to my practice. This document contains important information about my professional services and business policies. It also contains summary information about the Health Insurance Portability and Accountability Act (HIPAA), a federal law that provides privacy protections and patient rights about the use and disclosure of your Protected Health Information (PHI) for the purposes of treatment, payment, and health care operations. Although these documents are long and sometimes complex, it is very important that you understand them. When you sign this document, it will also represent an agreement between us. We can discuss any questions you have when you sign them or at any time in the future.

PSYCHOLOGICAL SERVICES

Therapy is a relationship between people that works in part because of rights and responsibilities held by each person. As a client in therapy, you have certain rights and responsibilities that are important for you to understand. There are also legal limitations to those rights that you should be aware of. I, as your therapist, have corresponding responsibilities to you. These rights and responsibilities are described in the following sections.

Psychotherapy has both benefits and risks. Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness, because the process of psychotherapy often requires discussing the unpleasant aspects of your life. However, psychotherapy has been shown to have benefits for individuals who undertake it. Therapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress and resolutions to specific problems. There are no guarantees about what will happen, and psychotherapy requires a very active effort on your part. In order to be most successful, you will have to work on things we discuss outside of sessions.

The first 2-4 sessions will involve a comprehensive evaluation of your needs. By the end of the evaluation, I will be able to offer you some initial impressions of what our work might include. At that point, we will discuss your treatment goals and create an initial treatment plan. You should evaluate this information and make your own assessment about whether you feel comfortable working with me. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

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APPOINTMENTS

Appointments will ordinarily be 45-50 minutes in duration, once per week at a time we agree on, although some sessions may be more or less frequent as needed. The time scheduled for your appointment is assigned to you and you alone. If you need to cancel or reschedule a session, I ask that you provide me with 24-hour notice. If you miss a session without canceling, or cancel with less than 24-hour notice, my policy is to collect a cancellation fee of \$75 [unless we both agree that you were unable to attend due to circumstances beyond your control]. If it is possible, I will try to find another time to reschedule the appointment. In addition, you are responsible for coming to your session on time; if you are late, your appointment will still need to end on time.

PROFESSIONAL FEES (as of January 2021)

By entering therapy, we have begun a professional relationship that has financial implications. I want to take this opportunity to discuss the financial aspects of our therapeutic relationship. The following is a guideline for the financial agreement you are consenting to:

- The standard fee for the initial intake is \$200.00
- Each subsequent session is \$175.00

Or on a case by case basis:

- After review with you we have agreed on a fee of \_\_\_\_\_ per weekly/biweekly session. This fee is subject to change with sufficient notice to you.

If you are using your insurance provider for behavioral health coverage, you are responsible for any sessions, report writing, consultations, phone sessions, or additional fees not covered by your insurance or EAP.

The fees for telephone contact/consultations (in addition to in person session, not in lieu of) are as follows:

- Under 10 minutes: no charge
- 15-30 minutes: \$90
- 31- 50 minutes: \$175
- After 50 minutes, each additional 10 minutes is \$40

Charges for a scheduled phone session in lieu of an in-person session, will charged at the same rate as in person sessions.

Should you require an in-home consultation/session the fees are: \$200 + travel fees (travel fees are a minimum of \$35) for a 45-50-minute consultation/session.

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You are responsible for paying at the time of your session unless prior arrangements have been made. Payment must be made by check, cash, or credit card (using a credit card may result in a \$5 processing fee). Any checks returned to my office are subject to an additional fee of up to \$25.00 to cover the bank fee that I incur. If you refuse to pay your debt, I reserve the right to use an attorney or collection agency to secure payment.

In addition to weekly appointments, it is my practice to charge the afore mentioned amounts on a prorated basis (I will break down the hourly cost) for other professional services that you may require such as report writing (\$125 fee), telephone conversations that last longer than 15 minutes (see fees section), attendance at meetings or consultations which you have requested, or the time required to perform any other service which you may request of me. If you anticipate becoming involved in a court case, I recommend that we discuss this fully before you waive your right to confidentiality. If your case requires my participation, you will be expected to pay for the professional time required even if another party compels me to testify.

PERSONAL RECORDS

I am required to keep appropriate records of the psychological services that I provide. Your records are maintained in a secure location. I keep brief records noting that you were here, your reasons for seeking therapy, the goals and progress we set for treatment, your diagnosis, topics we discussed, your medical, social, and treatment history, records I receive from other providers, copies of records I send to others, and your billing records. Except in unusual circumstances that involve danger to yourself, you have the right to a copy of your file. Because these are professional records, they may be misinterpreted and/or upsetting to untrained readers. For this reason, I recommend that you initially review them with me, or have them forwarded to another mental health professional to discuss the contents. If I refuse your request for access to your records, you have a right to have my decision reviewed by another mental health professional, which I will discuss with you upon your request. You also have the right to request that a copy of your file be made available to any other health care provider at your written request.

CONFIDENTIALITY

My policies about confidentiality, as well as other information about your privacy rights, are fully described in a separate document entitled Notice of Privacy Practices. You have been provided with a copy of that document and we have discussed those issues. Please remember that you may reopen the conversation at

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any time during our work together. Your initial here indicates you have received a copy of the Privacy Practices and I have explained the limits of confidentiality to you, and provided you with an opportunity to ask questions as you see necessary.

Initial: \_\_\_\_\_ Date: \_\_\_\_\_

PARENTS & MINORS

While privacy in therapy is crucial to successful progress, parental involvement can also be essential. It is my policy not to provide treatment to a child under age 13 unless s/he agrees that I can share whatever information I consider necessary with a parent. For children 14 and older, I request an agreement between the client and the parents allowing me to share general information about treatment progress and attendance, as well as a treatment summary upon completion of therapy. All other communication will require the child's agreement, unless I feel there is a safety concern (see also above section on Confidentiality for exceptions), in which case I will make every effort to notify the child of my intention to disclose information ahead of time and make every effort to handle any objections that are raised. [See sample Adolescent Consent Form, to be signed by both adolescent and parent(s).]

CONTACTING ME

I am often not immediately available by telephone. I do not answer my phone when I am with clients or otherwise unavailable. At these times, you may leave a message on my confidential voicemail and your call will be returned as soon as possible, but it may take a day or two for non-urgent matters. If, for any number of unseen reasons, you do not hear from me or I am unable to reach you, and you feel you cannot wait for a return call or if you feel unable to keep yourself safe, go to your local Hospital Emergency Room, or call 911 and ask to speak to the mental health worker on call. I will make every attempt to inform you in advance of planned absences, and provide you with the name and phone number of the mental health professional covering my practice.

TERMINATION OF THERAPY

The length of your treatment and the timing of the eventual termination of therapy depend on the specifics of your treatment plan and the progress you achieve. It is recommended to plan for therapeutic treatment termination in collaboration with me (your therapist). I will discuss termination as you reach the completion of your treatment goals. You may continue therapy at any time.

OTHER RIGHTS

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If you are unhappy with what is happening in therapy, I hope you will talk with me so that I can respond to your concerns. Such comments will be taken seriously and handled with care and respect. You may also request that I refer you to another therapist and are free to end therapy at any time. You have the right to considerate, safe and respectful care, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, or source of payment. You have the right to ask questions about any aspects of therapy and about my specific training and experience.

CONSENT TO PSYCHOTHERAPY

Your signature below indicates that you have read this Agreement and the Notice of Privacy Practices and agree to their terms.

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Signature of Client or Personal Representative/Date

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Printed Name of Client or Personal Representative/Date

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Signature of Client or Personal Representative/Date

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Printed Name of Client or Personal Representative/Date

Description of Personal Representative's Authority:

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Signature of Therapist/Date