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Informed Consent for Psychotherapy

Psychotherapy has been shown effective as a treatment that addresses psychological distress and problems in life. Psychotherapy, as I practice it, is a collaborative process. I am a relationship-based therapist and by that, I mean, I want to fully understand why you are here and what your goals are. I want to join with you in accomplishing these goals. Seeing me is NOT like seeing a doctor. I will not solve your problems for you, but I will equip you to solve your own problems. I will provide a safe place for you to feel free to explore your thoughts, feelings, and behaviors that may be causing you distress, and impeding your ability to live a satisfying life and to "be all you can be!" To be most successful, you will have to work during and between sessions on your goals. Treatment may take few or many sessions depending on the nature of the client's challenge.

Risks and Benefits

There are both benefits and risks to psychotherapy. Given that therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anxiety, anger, frustration, loneliness, and helplessness. Yet, psychotherapy has also been shown to provide powerful benefits such as, happiness, reduction of guilt, resolution of trauma, stability of mood and behavior, and other benefits as well.

It should be noted that there are no guarantees. It is possible that there will be no change, regression, or disruptive change. Children may become resistant to changes you are making in parenting. Couples may decide that it really is their desire to go through with a divorce. You may feel worse before feeling better. Not all outcomes can be predicted.

Appointments

Regular appointments are most times necessary to see the change you desire. Sessions will last approximately 53 minutes in most cases. This allows me time to write a case note and use the restroom between sessions. Sessions may be held on a weekly, bi-weekly, or monthly basis, depending on needs and availability.

Cancellations

If you are unable to attend a scheduled appointment, 24 hours' notice is required. We are a busy practice and often have clients on a waiting list. When someone does not give 24 hours' notice, it is too late to schedule anyone else. You will get a text message the day before reminding you of your appointment.

Financial

Twenty-four hours' notice is required to cancel an appointment without a fee. All appointments not cancelled at least 24 hours ahead of your scheduled appointment time will be considered a "no show."

The first no show is free. The second no show the client will be charged \$50. The third no show and we will not be able to reschedule you for a period of six months. Exceptions may be arranged with me upon qualifying circumstances.

Note: Payment is expected to be made at the time of service. No exceptions.

See the accompanying, "Good Faith Estimate" for a review of the cost of services. I do have a sliding fee scale for those without insurance or who would rather self-pay than go through insurance. Ask the receptionist for the details.

Client Rights

- You have the right to end therapy at any time
- Because of the nature of our relationship, I will have no social contact with you outside of our therapy sessions. I cannot have any "dual" relationship and cannot have social contact with you outside of our therapy sessions. Unless we are already friends on social media, I do not accept friend requests from clients.
- If we should happen to see each other in public, I will not acknowledge that I know you unless you acknowledge me first.
- I cannot barter with you----exchange your professional services for mine.
- You have the right to question any aspect of your service.
- You have the right for a referral to another provider if you should I not be able to provide the services you are requesting or if you feel stuck and want to change. If your needs are beyond my expertise, I will tell you and offer to help you find the services you need.
- You may need paperwork completed by me or a copy of something from your record. There is a fee for this service depending on the nature of the request and the time it takes to complete it. Insurance typically does not pay for copies of client's records, so payment is expected prior to the paperwork being compiled. The receptionist can help you with this.

Termination of Therapy

As noted above, you may terminate services and discontinue therapy at any time. I also have the right to terminate services if I feel that for some reason, we are not a good match and cannot find resolution. I will also taper you off slowly at your request and provide any referrals you may need.

Confidentiality

Illinois laws and professional ethics require the therapist to maintain confidentiality except for the following situations.

- If there is suspected child abuse, elder abuse, or dependent adult abuse.

- Threat of injury to self or others.
- The payor of the session fees has a right to see the records should they wish.
- I may at times speak with professional colleagues about our work, but you will not be identifiable.
- Our office manager and reception staff have access to locked records but are legally charged with confidentiality.
- Other potential limits
 - Subpoena or court order
 - When electronic devices are used to communicate personal information, I cannot guarantee confidentiality.

Consent of Minors

I do not see minors (age 17 or younger) without the guardian's permission. While children 12 and older have to agree to the release of any personal health information (PHI), the guardian has the right to the following with or without minor's consent (unless ordered differently by the Court):

- Current physical and mental condition
- Diagnosis
- Treatment needs
- Services provided

There may be some occasions where I would deny sharing the information for clinical / child safety reasons. The guardian can always petition the court to access information.

Office Hours and Contacting Me

My normal office hours are Noon to 8 PM on Monday through Thursday and Friday from 10 AM to 3 PM. If I am with a client, I do not answer phone calls. Please leave a message and I will call you back at my first available opening.

You may email me between sessions at: mitchelldavenport49@gmail.com. I cannot guarantee I will be able to respond right away but will certainly get back to you.

Your signature below acknowledges that:

- You have read, understand, and agree to be bound by this content of this contract.
- You authorize *Dr. Jackie Jiang & Associates* to provide to your insurance company any information required for billing and payment.

Client's Name (Print)

Client's Name (Signature)

Date

Guardian's Name (Print)

Guardian's Name (Signature)

Date

Clinician Name (Print)

Clinician Name (Signature)

Date