

# Informed Consent

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Welcome to Body N Mind Company. Please take the time to review the following policies and expectations in regard to treatment. Prior to participation in therapy, clients must understand and agree with the following information by completing the consent form provided in your *Introduction to therapy* email.

**Notice of Privacy Rights and Practices** As a client, you have the right:

- To receive treatment information concerning the methods of the therapy employed, techniques used, duration of therapy, and the fee structure provided.
- To be advised about treatment choices and possible treatment concerns and to seek a second opinion.
- To refuse treatment or to terminate services at any time without moral, legal or financial obligations other than those already accrued.
- Information about treatment is confidential and not released to anyone without written consent. Under current law, there are limits to confidentiality. The ethical standards of therapist require therapists to report to responsible persons when clients indicate any of the following:
  - Threatened bodily harm of yourself or another
  - Information revealed about physical abuse, sexual abuse, or neglect in regard to a child or elderly person
  - If you are in court ordered therapy and the court orders a subpoena by a judge or a judge breaks your confidentiality
  - Other limits to privacy include: ex-spouses have the right to review their child's record unless those rights are terminated by the court
- If you are under the age of 18, in the state of Nevada, parents have access to information in regards to their child's medical records.

# Electronic Communication Policy

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**E-mail and text messages** offer a convenient way for therapist and client to communicate. However it is imperative that you are aware of the following considerations and guidelines:

- Emails and texts are never appropriate for urgent or emergency problems.
- Emails and texts in this context are meant for short questions/concerns like referral or appointment scheduling NOT in depth discussions.
- Emails and texts should NOT be used to communicate sensitive medical information
- Email communication is not completely confidential.
- Email and texts may become part of the medical record
- Either party can revoke permission to use email and texts at any time

Laura Ahlstrom, MFT-I  
Body N Mind Company

## Teletherapy Services

Body N Mind Company offers counseling services as permitted by law through electronic technology. Counselors however may not accept friend requests from current clients on social media networking platforms. Connecting in this way could compromise confidentiality and privacy. I understand that Body N Mind Company uses HIPAA-compliant electronic platforms. I am aware of the advantages and disadvantages of receiving counseling services by means of electronic technology including, but not limited to: technological failures, interruptions by unauthorized persons, and decreased availability of a remote counselor in the event of a crisis. I also understand the importance of choosing a confidential setting when selecting a location for teletherapy services. I also understand that I am encouraged to take notes, but I may not record counseling sessions.

## Financial Agreement

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**Payment Policies** The duration of a typical session is 50 minutes face-to-face. The therapist reserves 10 minutes for case documentation and treatment planning at the end of each session in order to offer the best treatment services to the client. Each session builds on the previous session; therefore, successful treatment depends on your attendance at each scheduled session.

The hourly cost per session is 120 dollars for each hour-long session. Payment is due at the time of service. You may pay with cash, using a credit card or by electronic transfer (Zelle, Venmo, PayPal). Body N Mind Company does not file for insurance reimbursement.

**Additional Fees** In the case that the client fails to cancel or reschedule an appointment 24 hours in advance, a one time charge will be applied to the card on file at the rate of half the cost per session

**Request for additional reports/letters/documentation/legal issues:** I understand that included in my session fee, are the services of completing necessary documentation such as assessment paperwork, treatment plans, case notes, and short phone calls during office hours. However, If phone calls are frequent or extensive (15 minutes or longer); if I require additional letters, reports, documentation; or if court attendance is required, the charge will be based on the fee of 300 dollars per hour to accommodate for supervisor's participation.