



## THRIVE THERAPY & COUNSELING

### Informed Consent

WELCOME TO A BETTER LIFE! I look forward to our time together. The following document is designed to give you information about my professional services and business policies. Please read this carefully. Feel free to ask me any questions you might have today.

**{This is 2 pages front and back... be sure to see second page.}**

#### THE THERAPY / COUNSELING / COACHING PROCESS:

I tell my clients "The only person you can truly change is yourself, but sometimes that changes everything!" I will not be able to tell you what to do, but I will explore issues with you and hope to teach you how to problem solve, how to understand yourself and others better, and how to make better decisions. Acquiring insight will help you reach your goals and ultimate potential. There are no guarantees regarding treatment outcomes. Therapy requires work on the client's part; however, the rewards are well worth the effort. When discussing issues in treatment, you may experience a sense of peace and release, along with discomfort, anger, sadness, and/or anxiety. Confronting family members can also lead to uncomfortable thoughts and feelings resulting in unexpected changes. I would encourage you to bring up your most intimate thoughts right away (aka; release the mask) so we can work through your issues as soon as possible. If you have any questions about my treatment methods, please discuss them with me.

#### APPOINTMENTS:

**Sessions must be pre-paid in order to hold the appointment time. There will be no refunds due to cancellations unless Laura can fill that slot up with another client.** If that saved time for you cannot be filled with another client, you will be responsible for payment for that session time. So, the sooner you let me know, the more likely you will be able to get a refund or credit. It is important during the therapeutic process to keep your regular appointments in order to increase the likelihood of personal gains. When booking a session, your time is reserved solely for you. Please do your best to arrive on time. Time lost for late arrivals is not made up by staying later. For example; let's say a client is 10 minutes late, Laura may not be able to go over your allotted time an additional 10 minutes due to other appointments afterwards. In other words, you may lose those 10 minutes. Making a commitment to your sessions is the best way to see progress and results. Creating momentum is important for therapy. **Laura sends a reminder text for appointments the day before or the day of an appointment. If you do not receive a reminder text, please text Laura to verify your appointment time before coming in as there may have been miscommunication.**

#### FEES:

	Murrieta Office:	Hemet Home Office (or for phone or Zoom session):
Initial Intake Session -	\$280 (2 hours)	\$180 (2 hours)
Follow-up Session -	\$210 (1.5 hours)	\$135 (1.5 hours)
Follow-up Session -	\$140 (1 hour)	\$90 (1 hour)
Additional Hours add on -	\$70 per hour half hour	\$45 per hour half hour

\*Facetime, phone call, or Zoom session may be available upon request.

Payment is due and payable before each session. Accepted payment methods are: Cash, PayPal, Venmo and

**Credit card payment is also accepted for a 5% additional surcharge.** Sorry, no checks are accepted.

*I do not take insurance at this time.*

## VACATION COVERAGE:

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If I am going to be out of town, I will always let you know in advance. If I am unavailable due to an unexpected emergency, I will do my best to contact you to let you know what is going on. I will never ignore calls from a client, so if you do not hear back from me within 24 hours, please try again as there may have been a glitch in communication systems.

## CONFIDENTIALITY:

All communication between a therapist and client is confidential and protected by law and may not be revealed without your written permission. Your information will never be shared without your permission.

## TELEPHONE AND EMERGENCY COVERAGE:

I have a telephone voice-mail that is available at all times for routine messages. I collect messages frequently and will make every attempt to return messages within 8 hours. Let me know how you want to be contacted (cell phone, text or email.) **\*IF you have a life-threatening emergency, call 911 or go to the nearest emergency room for assistance.**

## OTHER HELPFUL RESOURCES:

Crisis/Suicide Intervention	24-hour availability	(951) 686-HELP or CALL 988 or 911
Alcoholic's Anonymous	24-hour hotline	(951) 695-1535

## SESSIONS:

The length of your program with me will be at your discretion, and will completely depend on the amount of progress you want to achieve. Per my availability, you may come to sessions as many times as you wish. How long you wish to continue your sessions is 100% up to you. Sessions can be as many minutes as you desire. Typically, first session is 2 hours and follow-up session are 1 hour or 1.5 hours. **I strongly suggest at least 6 sessions to start seeing ample and significant results.** Sessions can be in-person, over the phone, zoom, facetime, or through text messaging. \*Prices will vary.

You have the right to stop at any time. Also, if there are any problems during therapy, I encourage you to discuss them with me as soon as possible. Remember, these session are for you and you are the most important person during these sessions; therefore, I want to construct a curriculum that will benefit you the most, so to do that, I will need your openness and sincerity.

## CONSENT FOR TREATMENT:

**Clients understand that Laura is not a medical doctor and is unable to officially diagnose mental illnesses nor prescribe any medications. Laura cannot write any letters to third parties on your behalf for any reason.**

My signature on this page indicates that I am consenting to enter into life coaching, therapy, and/or counseling with Laura Monk.

Printed Name\_\_\_\_\_

Signature\_\_\_\_\_Date\_\_\_\_\_

Printed Name\_\_\_\_\_

Signature\_\_\_\_\_Date\_\_\_\_\_