

**Gretchen Mallios, LCSW**  
Licensed Clinical Social Worker, LCS# 26381  
2831 Camino Del Rio S, Suite 303, San Diego, CA 92108  
(619) 333-1900

## **AGREEMENT FOR SERVICE / INFORMED CONSENT - Adult**

### **Introduction**

This Agreement has been created for the purpose of outlining the terms and conditions of services to be provided by Gretchen Mallios, LCSW for \_\_\_\_\_, (name of client/patient) herein "Patient" and is intended to provide Patient with important information regarding the practices, policies and procedures of Gretchen Mallios, LCSW (herein "Therapist"), and to clarify the terms of the professional therapeutic relationship between Therapist and Patient.

### **Therapist Education and Qualifications**

Therapist has a Masters in Social Welfare and is Licensed as a Clinical Social Worker in California (LCS#26381). Therapist's professional experience includes therapeutic work with children, adolescents, families, and adults. Therapist has assessed and treated clients for a range of issues or symptoms, including but not limited to depression, anxiety, acute stress, trauma, adjustment issues, grief, parenting, and behavioral issues.

Therapist is certified as an EMDR Therapist. In addition, Therapist has received training in Play Therapy, Attachment, Postpartum Mood & Anxiety, and Therapeutic Yoga. Therapist uses an eclectic approach with an emphasis on EMDR, trauma resolution, attachment therapy, and mindfulness-based practices.

### **Risks and Benefits of Therapy**

Psychotherapy is a process in which Therapist and Patient, and sometimes other family members, discuss a myriad of issues, events, and memories for the purpose of creating positive change so that the Patient can experience his/her life more fully. Psychotherapy is a joint effort between Patient and Therapist. Participating in therapy may result in a number of benefits to Patient, including, but not limited to, reduced stress and anxiety, improved interpersonal relationships, increased comfort in social, school, and family settings, and increased self-confidence. Such benefits require an active participation in the therapeutic process, honesty, and a willingness to change feelings, thoughts and behaviors. There is no guarantee that therapy will yield any or all of the benefits listed above. Participating in therapy may involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. This discomfort may also extend to other family members, as they may be asked to address difficult issues and family dynamics. The objective is to have the benefits outweigh the risk of discomfort, in the long run.

During the therapeutic process, some patients find that they feel worse before they feel better. This is generally a normal course of events. Personal growth and change may be easy and swift at times, but may also be slow and frustrating. **Patient should address any concerns he/she has regarding his/her progress in therapy with Therapist.**

### **Professional Consultation**

Professional consultation is an important component of a healthy psychotherapy practice. As such, Therapist participates in clinical, ethical, and legal consultation with other licensed mental health professionals. During such consultations, Therapist will not reveal any personally identifying information

regarding Patient or Patient's family members or caregivers.

### **Records and Record Keeping**

Therapist takes notes during session, and will also produce other notes and records regarding Patient's treatment, according to industry standards of practice. These notes constitute Therapist's clinical and business records, which by law, Therapist is required to maintain. Such records are the sole property of Therapist. Therapist will not alter his/her normal record keeping process at the request of any patient or representative. Should Patient or Representative request a copy of Therapist's records, such a request must be made in writing. Therapist reserves the right, under California law, to provide Patient, or Representative, with a treatment summary in lieu of actual records. Therapist also reserves the right to refuse to produce a copy of the record under certain circumstances, but may, as requested, provide a copy of the record to another treating health care provider. Representative will generally have the right to access the records regarding Patient. However, this right is subject to certain exceptions set forth in California law. Should Representative request access to Therapist's records, such a request will be responded to in accordance with California law. Therapist will maintain Patient's records for ten years following termination of therapy, or when Patient is 21 years of age, whichever is longer. However, after ten years, Patient's records will be destroyed in a manner that preserves Patient's confidentiality.

### **Confidentiality**

The information disclosed by Patient is generally confidential and will not be released to any third party without written authorization from Patient, except where required or permitted by law. Exceptions to confidentiality, include, but are not limited to, reporting child, elder and dependent adult abuse, when a patient makes a serious threat of violence towards a reasonably identifiable victim, or when a patient is dangerous to him/herself or the person or property of another.

Representative should be aware that Therapist is not a conduit of information from Patient. Psychotherapy can only be effective if there is a trusting a confidential relationship between Therapist and Patient. Although Representative can expect to be kept up to date as to Patient's progress in therapy, he/she will typically not be privy to detailed discussions between Therapist and Patient. However, Representative can expect to be informed in the event of any serious concerns Therapist might have regarding the safety or well-being of Patient, including suspected suicidality.

### **Patient Litigation**

Therapist will not voluntarily participate in any litigation, or custody dispute in which Patient, or Representative, and another individual, or entity, are parties. Therapist has a policy of not communicating with Representative's attorney and generally will not write or sign letters, reports, declarations, or affidavits to be used in Patient's, or Representative's, legal matter. Therapist will generally not provide records or testimony unless compelled to do so. Should Therapist be subpoenaed, or ordered by a court of law, to appear as a witness in an action involving Patient, Representative agrees to reimburse Therapist for any time spent for preparation, travel, or other time in which Therapist has made him/herself available for such an appearance at Therapist's usual and customary hourly rate of \$130 per hour. In addition, Therapist will not make any recommendation as to custody or visitation regarding Patient. Therapist will make efforts to be uninvolved in any custody dispute between Patient's parents.

### **Psychotherapist-Patient Privilege**

The information disclosed by Patient, as well as any records created, is subject to the psychotherapist-patient privilege. The psychotherapist-patient privilege results from the special relationship between Therapist and Patient in the eyes of the law. Typically, the patient is the holder of the psychotherapist-patient privilege. If Therapist receives a subpoena for records, deposition testimony, or testimony in a

court of law, Therapist will assert the psychotherapist-patient privilege on Patient's behalf until instructed, in writing, to do otherwise by a person with the authority to waive the privilege on Patient's behalf. When a patient is a minor child, the holder of the psychotherapist-patient privilege is either the minor, a court appointed guardian, or minor's counsel. Parents typically do not have the authority to waive the psychotherapist-patient privilege for their minor children, unless given such authority by a court of law. Representative is encouraged to discuss any concerns regarding the psychotherapist-patient privilege with his/her attorney.

Patient, or Representative, should be aware that he/she might be waiving the psychotherapist-patient privilege if he/she makes his/her mental or emotional state an issue in a legal proceeding. Patient, or Representative, should address any concerns he/she might have regarding the psychotherapist-patient privilege with his/her attorney.

### **Fee and Fee Arrangements**

The usual and customary fee for service is \$130 per 50 minute session. Any amendments to that fee are to be arranged prior to the beginning of treatment. Sessions longer than 50-minutes may be charged for the additional time pro rata. Therapist reserves the right to adjust this fee, with advance notice to Patient or Representative. In addition, this fee may be adjusted by contract with insurance companies, HMOs, managed care organizations, or other third-party payors, or by agreement with Therapist. The agreed upon fee between Therapist and Patient is \_\_\_\_\_.

From time-to-time, Therapist may engage in telephone contact with Patient for purposes other than scheduling sessions. Therapist reserves the right to assess the hourly rate fee, prorated for the time expended, and Patient is responsible for payment of the agreed upon fee (on a pro rata basis) for any telephone calls longer than ten minutes. In addition, from time-to-time, Therapist may engage in telephone contact with third parties at the request of Patient and with the advance written authorization of Patient or Representative. Representative is responsible for payment of the agreed upon fee (on a pro rata basis) for any telephone calls longer than ten minutes. Patient or Representative is expected to pay for services at the time services are rendered. Therapist accepts cash, checks, and credit card payments.

### **Cancellation Policy**

Patient is responsible for payment of the agreed upon fee for any missed session(s). Patient is also responsible for payment of the agreed upon fee for any session(s) for which Patient failed to give Therapist at least 24 hours notice of cancellation. Cancellation notice should be left on Therapist's voice mail at (619) 333-1900.

### **Therapist Availability**

Therapist's office is equipped with a confidential voice mail system that allows Patient or Representative to leave a message at any time. Therapist will make every effort to return calls within 24 hours (or by the next business day), but cannot guarantee the calls will be returned immediately. Therapist does not provide 24-hour crisis service. In the event that Patient is feeling unsafe or requires immediate medical or psychiatric assistance, Patient or Representative should call 911, or go to the nearest emergency room.

### **Forms of Communication**

For non-emergency matters, you may indicate whether you would prefer to communicate by (indicate all that apply; indicate most preferred with an \* asterisk): \_\_\_\_\_ Phone \_\_\_\_\_ Text \_\_\_\_\_ Email.

If you indicated that you prefer to be contacted by text or email, please note that Therapist does not guarantee an immediate response (see Therapist Availability). For urgent matters, you should call your medical provider, 911 or go to the nearest emergency room.

**Termination of Therapy**

Therapist reserves the right to terminate therapy at his/her discretion. Reasons for termination include, but are not limited to, untimely payment of fees, failure to comply with treatment recommendations, conflicts of interest, failure to participate in therapy, Patient needs are outside of Therapist’s scope of competence or practice, or Patient is not making adequate progress in therapy. Patient or Representative has the right to terminate therapy at his/her discretion. Upon either party’s decision to terminate therapy, Therapist will generally recommend that Patient participate in at least one, or possibly more, termination sessions. These sessions are intended to facilitate a positive termination experience and give both parties an opportunity to reflect on the work that has been done. Therapist will also attempt to ensure a smooth transition to another therapist by offering referrals to Patient or Representative.

**Acknowledgement**

By signing below, Patient acknowledges that he/she has reviewed and fully understands the terms and conditions of this Agreement. Patient or Representative has discussed such terms and conditions with Therapist, and has had any questions with regard to its terms and conditions answered to Patient’s or Representative’s satisfaction. Patient agrees to abide by the terms and conditions of this Agreement and consents to participate in psychotherapy with Therapist. Moreover, Patient agrees 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 Name (please print)

\_\_\_\_\_  
Signature of Patient (if Patient is 12 or older)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Representative (and relationship to Patient)

\_\_\_\_\_  
Date