

Informed Consent Information:

This information describes the ground rules and guidelines under which Ms. Arons can work with clients effectively and ethically. By signing this form, clients agree to the terms and regulations that Ms. Arons has set.

Session Structure:

Therapy sessions are forty-five minutes for children under twelve years old and fifty to fifty-five minutes for adolescents and adults. Therapy sessions for children under twelve years old are shorter to give Ms. Arons time at the end and/or beginning of the session to check in with parent(s) and/or set-up for play therapy. Also, young children typically have trouble staying in sessions longer than forty-five minutes due to the intensity of the sessions. Ms. Arons and parents of children under twelve years old will decide if it is best to have the parent(s) in the session with the child or have the child attend one to one sessions with Ms. Arons. This will be decided in the initial intake appointment. If Ms. Arons and the parent(s) decide to have the child in sessions without the parent(s), Ms. Arons requires check-in appointments by parent(s) every four to six weeks to discuss the progress, treatment and goals of the child. After a three month period, Ms. Arons will either suggest that the child no longer needs to continue therapy weekly and start coming every-other-week, or Ms. Arons will write out a treatment plan for the child explaining the goals and objects that the child should meet before switching to every-other-week appointments. Clients over the age of twelve will only receive a written out treatment plan if requested by the client.

Appointment Fees:

Ms. Arons charges a fee of \$150 per session. Ms. Arons is in network of Blue Cross and Blue Shield PPO and therefore clients who hold this insurance will only be responsible for paying their co-pay and/or deductible. Payments are due at the end of each session. Ms. Arons accepts cash or checks made payable to **Melanie Arons Counseling and Consulting, LLC**. Phone sessions lasting thirty minutes or more, school or home consultations, and professional collaborations are also subject to a \$150 fee or BC/BS PPO co-pay and/or deductible fee. In the event that a check is stopped or refunded for insufficient funds, you will be responsible for all bank fees and costs charged to Melanie Arons Counseling and Consulting, LLC. Ms. Arons is not available to testify for any reason in court. Should she be subpoenaed to appear in court or for a deposition, a \$1,000 retainer will be charged to the client as well as a fee of \$250 per hour that Ms. Arons spends preparing for and appearing in court or deposition.

Missed or Canceled Appointments:

If appointments are canceled more than 24 hours before the session, clients will not be charged a fee. If appointments are canceled within 24 hours or missed without notice for a non-emergency, clients will be responsible for paying the total \$150 fee. Clients who experience an emergency such as a birth, death of a loved one or trip to the emergency room will not be charged a fee for missing an appointment.

Contact information:

Clients are welcome to text, call or email Ms. Arons at any time. Ms. Arons guarantees that she will get back to clients within 24 hours unless of an emergency or if client was previously notified of Ms. Arons' unavailability. If clients need immediate emergency assistance, the client should call 911 or go to the local emergency room for immediate help.

Professional Records:

The law and standards of Ms. Arons' profession requires that she keep treatment records. Clients are entitled to receive a copy of their records upon client's request. Clients will be charged an appropriate fee for any professional time spent responding to information requests and preparing any requested records.

Confidentiality:

The law protects the privacy of all communication between a client and a psychotherapist without written consent from the client unless the client discloses that he/she is going to hurt him/herself or someone else. In situations such as abuse of a child or elderly person, Ms. Arons is legally obligated to take action to protect clients and others from harm even if Ms. Arons has to reveal some information about a client's treatment. If Ms. Arons believes that a client is threatening serious harm to him/herself or another person, she is required to take protective actions. These actions may include contacting a potential victim, contacting the police, and/or hospitalization for the client. Ms. Arons may also have to contact family members of clients or others who can help provide protection. Ms. Arons will discuss her legal obligation with the client before and after taking action. For minors under eighteen years old, Ms. Arons is required to receive legal permission from parent(s) or a guardian before providing any treatment. Ms. Arons is also legally obligated to inform parent(s) or a guardian if the minor is in any danger to him/herself or others. For clients under the age of twelve, Ms. Arons is permitted to discuss any and all information from sessions with parent(s) or guardians. For minors under eighteen years old but over the age of twelve, Ms. Arons is not permitted to discuss anything that the client shares with her without that client's consent unless the client is going to hurt him/herself or others. Ms. Arons would be happy to discuss these issues with clients if clients need specific

advice. However, the law governs confidentiality, so any formal legal advice will need to come from an attorney.

Your signature below indicates that you have read the information in the document and agree to abide by its terms.

Name of client (printed)

Date

Signature of client (12 years and older)

Date

Signature of Parent(s)/Guardian (if client is under 18 years old) Date