



ONE HEART Counseling Center

2100 N. Sepulveda Blvd., Ste. 27, Manhattan Beach, CA 90266

Consent for Treatment

General Information

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

The Therapeutic Process

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. Your therapist cannot promise that your behavior or circumstance will change. Your therapist can promise to support you and do her very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

Confidentiality

The session content and all relevant materials to the client's treatment will be held confidential unless the client requests in writing to have all or portions of such content released to a specifically named person/persons. Limitations of such client held privilege of confidentiality exist and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts him/her self in a manner in which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #3 and # 4.
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.

Cancellation Policy

Your appointment time is reserved for you. Therapy sessions are normally 50 minutes. Appointment cancellations must be made 24 hours in advance, otherwise, you are financially responsible for the cancelled/missed session(s). **Insurance will not cover missed appointments or late cancellations.**

Payments and Fees

Session Fee: _____

Fees are payable at the time that services are rendered. Payment for services that are past due over 60 days may be subject to collection through the use of a collection agency or small-claims court. If such action is necessary, the costs of the collection agency and any small claims court fees will be included in the claim. However, before such action, efforts will be made to make other arrangements with you as needed.

Any additional time spent by your therapist preparing letters, consulting with other professionals working with you or your family (always with your written consent) or completing any requested paperwork will be prorated at your hourly rate and billed to you by your therapist.

Insurance

The therapists at One Heart Counseling Center are considered "out of network providers" for PPO health insurance plans. If you have a health insurance policy and would like to use your benefits to help cover the cost of therapy, we will verify your benefits and file claims for your sessions. The insurance company will send checks to you. You should be aware that most insurance companies require your therapist to provide them with a clinical diagnosis, and sometimes additional information such as treatment plans. Finally, you should be aware that if you miss an appointment or cancel less than 24 hours in advance, you are responsible for the full session fee. A late cancellation or no show charge cannot be billed to your insurance as this is considered insurance fraud.

Consultation

Occasionally your therapist may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name or any identifying information. Additionally, due to the structure of One Heart Counseling Center, we do operate as a team in the sense that we provide one another support in the event of any emergency or threat. We only exchange information on an as needed basis and make every effort to preserve the highest level of your privacy possible while keeping the safety of all the highest priority.

Litigation

Your therapist will not voluntarily participate in any litigation or custody dispute in which you, your child or representative of your child and another individual or entities are parties. OHCC therapists will generally not write or sign letters, reports, declaration or affidavits to be used in her client's or representative of the client's legal matter. Your therapist will generally not provide records or testimony unless compelled to do so. Should your therapist be subpoenaed or ordered by a court of law to appear as a witness in an action involving you or your child, your therapist must be reimbursed for any time spent for preparation, travel or other time in which your therapist has made herself available for such an appearance in addition to the usual and customary hourly rate of \$500 for half day and \$1000 for full day paid 7 days before appearance. In addition, please understand that your therapist will not make any recommendations as to custody or visitation regarding your child. OHCC therapists are not forensic or custody evaluators, nor are they professionally trained to provide legal testimony. Furthermore, your therapist will make efforts to be uninvolved in any custody dispute so as to protect the therapeutic space paramount to your child's treatment.

Outside the Office

If you and your therapist see each other accidentally outside of the therapy office, your therapist will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to us, and we do not wish to jeopardize your privacy. However, if you acknowledge your therapist first, your

therapist will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

Social Media Policy

It is against the policy of One Heart Counseling Center to engage with any and all clients on social media such as personal Facebook accounts, Instagram or Snapchat. Please do not be offended if your therapist declines your request to connect in this manner. We want to make sure your privacy is protected and that the boundaries in the professional relationship remain clear.

Patient Rights

In addition to confidentiality, you have the right to end your therapy at any time, for whatever reason, without any moral, legal, or financial obligation, except fees already incurred. You have the right to question any aspect of your treatment with your therapist, and to expect that we will work with you to meet your needs for adjunctive or alternative treatment. You also have the right to expect that your therapist will maintain professional and ethical boundaries by not entering into other personal, financial, or professional relationships with you, all of which would greatly compromise the therapeutic work.

Name of Client

Signature of Responsible Party

Date

Therapist Name and LIC#

Therapist Signature

Date