



## **CONSENT TO EVALUATION AND TREATMENT**

Welcome to Lotus Counseling Center. This document contains information about our professional services and office policies. Please read it and feel free to discuss any questions you may have with your psychotherapist.

**Sessions** – Sessions are 45 – 50 minutes and are generally scheduled on a weekly or biweekly basis. Additional or longer sessions can be arranged.

**Benefits and Risks of Therapy** – Participating in therapy can result in a number of benefits to you, including a better understanding of yourself, alleviation of painful feelings, improved interpersonal relationships, better physical and mental health, and hopefully the resolution of the specific concerns that lead you to seek therapy. Psychotherapy can foster personal development and liberation from unsatisfying or painful patterns of living. Patient and therapist work together to understand the meaning of the patient's emotional reactions, thoughts, memories, fantasies, dreams, images, and sensations in an effort to alleviate personal suffering and to expand the capacity for work, love, and creativity. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress.

**Fees** – We are currently out of network providers and have a sliding fee schedule to make therapy affordable for most people. The fee may be revised from time to time. You can pay by cash, check or credit card. The client assumes any and all risks associated with postdating checks or delaying deposits and will reimburse Lotus Counseling Center a service charge of \$30.00, per occurrence, for any and all uncleared checks.

**Insurance** – Lotus Counseling Center does not normally accept insurance assignments and as such, Lotus Counseling Center is not responsible for any discrepancies between quoted and actual benefits. In addition, it is the patient's financial responsibility to pay the balance owed if the amount assigned by insurance differs from the fees charged by Lotus Counseling Center. Under special circumstances, Lotus Counseling Center will bill your insurance provider; if insurance billing services are rendered you are responsible for payment to Lotus Counseling for these administrative services.

**Cancellations** – Once we decide to work together, we reserve a time specifically for you. Please reserve cancellations for emergencies only. You will owe the full session fee if you do not reschedule or cancel with at least 48 hours notice. If you do not cancel within the allowed time you will be charged the missed session.

**Contacting Me & Emergency Procedures** – You may leave confidential phone messages at any time. It helps if you leave a few specific times when I can reach you. I will do my best to return your call on the same day or the day after. There is no charge for phone conversations of 10 minutes or less. The charge for calls of longer than 10 minutes is prorated based on your fee for a 50 minute session. However, Lotus Counseling Center is not an emergency crisis facility. If a life threatening emergency should arise you need to seek immediate assistance by contacting the police (911) or going to your nearest emergency room or hospital.

