

James Guay, MFT

www.jamestherapy.com

Psychotherapy Agreement

The following is to provide you with some information about therapy and my office policies:

My Therapeutic Style

I am a Licensed Marriage and Family Therapist. I provide caring individual and relationship counseling for those interested in mindful exploration of how to live their lives more fully. I guide clients to live their lives from a place of integrity, wholeness, and compassion for themselves and others. Therapy can bring up material that feels painful and uncomfortable while at other times it may feel relieving and encouraging. I'll show you how to live life from a more authentic place, which naturally creates a sense of aliveness and connectedness to oneself and others.

Confidentiality

One important feature of therapy is that the information from client to counselor remains confidential. Confidentiality protects you, the client, and allows us to discuss personal issues in a safe and nurturing environment. This means that as your therapist, I will not divulge any communication that happens in counseling sessions unless I am legally mandated under California law. All information between therapist and client is held strictly confidential unless: 1. the client authorizes release of information with a signature; 2. the therapist is ordered by a court to release information; 3. the client presents an immediate, substantial, and physical danger to themselves or others; 4. or child, dependent adult or elder abuse is suspected. In addition, please be aware that submitting a mental health invoice for reimbursement carries a certain amount of risk to confidentiality, privacy, or to future eligibility to obtain health or life insurance.

To further my helpfulness, I may at times consult with other licensed professionals regarding your case. Any discussion with them is also considered confidential and is subject to the same standards of confidentiality required by state law.

Fee and Scheduling of Appointments

The fee for a 50 minute session is \$140 and for an 80 minute session is \$230. To receive the full benefits of psychotherapy, clients are expected to attend sessions weekly. If for some reason you need to cancel or reschedule an appointment I would ask that you give me at least **48 hours notice** by phone call so that I can readjust my schedule. The full fee will be charged for missed sessions without a full 48 hours notice for your reserved time, including those using insurance benefits. Insurance companies will not reimburse for missed sessions. I understand that James Guay is no longer on any in-network insurance panels and I am solely responsible for payments, whether I am reimbursed directly from my insurance company or not. Payments are to be given at the beginning of each session unless other arrangements are made. I accept cash, checks, credit cards or debit cards. Checks should be made payable to James Guay.

Fees will be reviewed every January.

I have read and spoken to James Guay regarding this psychotherapy agreement. I willingly enter into therapy with the intent of improving my life. I understand and agree to all of the information provided to me.

_____	_____	_____
Print Client Name	Signature	Date
_____	_____	_____
James Guay, MFT (mfc39252)	Signature	Date