



Informed Consent

Office policies and general information agreement for psychotherapy services: This form provides you (client) with information that is additional to that detailed in the notice of privacy practices.

Confidentiality: All information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without your written permission, except for when disclosure is required by law. Most of the provisions explaining when the law requires disclosure were described to you in the notice of privacy practices that you received with this form.

When disclosure is required by law: Some of the circumstances where disclosure is required by law are: where there is reasonable suspicion of child abuse, dependent or elder abuse or neglect and where a client presents a danger to self, to others, to property, or is gravely disabled. (for more detail see also notice of privacy practices forms.)

When disclosure may be required: Disclosure may be required pursuant to a legal proceeding. If you place your mental status at issue in the dictation initiated by you, the defendant may have the right to obtain the psychotherapy records and/or testimony by me in couple and family therapy, or when different family members are seen individually. Confidentiality and privilege do not apply between the couple or among family members. Positive Solutions Therapy/Celia Marchese, LMHC, LMFT, will use her clinical judgment when revealing such information. Positive Solutions Therapy/Celia Marchese, LMHC, LMFT will not release records to any outside party unless she is authorized to do so by all adult family members who were part of the treatment.

Emergencies: If there is an emergency during our work together, or if in the future after termination, where Positive Solutions Therapy/Celia Marchese, LMHC, LMFT becomes concerned about your personal safety, the possibility of you injuring someone else, or about you receiving proper psychiatric care, she will do whatever she can within the limits of the law, to prevent you from injuring yourself or others and to ensure that you receive the proper medical care. For this purpose, she may also contact the person whose name you have provided on the biographical sheet.

Confidentiality of electronic communications: It is very important to be aware that email and cell phone communications can be relatively easily accessed by unauthorized people and hence, the privacy and confidentiality of such communications can be compromised. Emails and other electronic communications are vulnerable to such unauthorized access due to the fact that services have unlimited



and direct access to all emails that go through them. Faxes can also easily be sent erroneously to the wrong addresses. Please notify Positive Solutions Therapy/Celia Marchese, LMHC, LMFT at the beginning of treatment if you decide to avoid or limit in anyway the use of any or all of the above-mentioned communication devices. Please do not email, text or fax for emergencies.

Litigation limitation: Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential nature, it is agreed that should there be legal proceedings (such as, but not limited to divorce and custody disputes, injury, lawsuits, etc.) neither you (client) nor your attorney, nor anyone else acting on your behalf will call on Positive Solutions Therapy/Celia Marchese, LMHC, LMFT to testify in court or any other proceedings, nor will disclosure of psychotherapy records be requested. If case summaries are requested, the client will be charged the hourly rate of \$175.00.

The process of therapy/evaluation: Participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that lead you to seek therapy. Working towards these benefits, however, requires effort on your part. Psychotherapy requires your very active involvement, honesty, and openness in order to change your thoughts, feelings and/or behavior. Positive Solutions Therapy/Celia Marchese, LMHC, LMFT will ask for your feedback and views on therapy, it's progress, and other aspects of therapy and will expect you to respond openly and honestly. Sometimes more than one approach can be helpful in dealing with a certain situation. During evaluation or therapy, remembering or talking about unpleasant events, feelings or thoughts can result in your experiencing considerable discomfort or strong feelings of anger, sadness, worry, fear, anxiety, depression, or insomnia. Positive Solutions Therapy/Celia Marchese, LMHC, LMFT may challenge some of your assumptions and perceptions and may propose different ways of looking at, thinking about and handling situations that cause you to feel very upset, angry, depressed, challenged or disappointed. Attempting to resolve issues that brought you to therapy in the first place, such as a personal or interpersonal relationship, may result in changes that were not originally intended. Psychotherapy may result in decisions about changing behaviors, employment, substance use, schooling, housing, or relationships. Sometimes a decision that is positive for one family member is viewed quite negatively by another family member. Changing will sometimes be easy and swift, but more often it will be slow and even frustrating.

Discussion of treatment: Within a reasonable period of time after the initiation of treatment, Positive Solutions Therapy/Celia Marchese, LMHC, LMFT will discuss with you (client) her working

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understanding of the problem, therapeutic objectives, and her treatment approach. If you have any unanswered questions about any of the procedures used in the course of your therapy, their possible risk to you or Positive Solutions Therapy/Celia Marchese, LMHC, LMFT expertise, please inquire so that your questions may be addressed fully. If you could benefit from any treatment that she does not provide, she has an ethical obligation to assist you in obtaining those treatments.

Termination: As set forth above, after the first couple of meetings, Positive Solutions Therapy/Celia Marchese, LMHC, LMFT will assess if she can be of benefit to you. She does not except clients who in her opinion, she cannot help. In such a case, she will give you numbers of referrals that you can contact. If at any point during psychotherapy, that the treatment has not been effective in helping you reach the therapeutic goals, Celia Marchese, LMHC, LMFT is obligated to discuss it with you and if appropriate, to terminate treatment. In such a case, she would give you a number of referrals that may be of help to you. If you request it and provide a written authorization, she will talk to the psychotherapist of your choice in order to help with the transition. If at any time you want another professional opinion or wish to consult with another therapist, she will assist you in finding someone qualified, and, if she has a written consent, she will provide her or him with the essential information needed. You have the right to terminate therapy at any time. If you if you choose to do so, you will have the option of being provided with the names of other qualified professionals whose services you might prefer.

Consultation: Positive Solutions Therapy/Celia Marchese, LMHC, LMFT consults regularly with other professionals regarding her clients. However, the clients name or other identifying information is never mentioned. The clients identity remains completely anonymous and confidentiality is fully maintained. *Considering all the above exclusions, if it is still appropriate, upon your request, information will be released to any agency/person you specify unless Positive Solutions Therapy/Celia Marchese, LMHC, LMFT concludes that releasing that information might be harmful in anyway.

Telephone an emergency procedures: If you need to contact Celia Marchese, LMHC, LMFT between sessions, please leave a message on her voicemail at 941-218-0299 and your call will be returned within 24hrs. Messages are checked a few times daily Monday through Friday.

If your need is urgent, please indicate it clearly in your message. If you are having an emergency call 911.

Payment and insurance reimbursement: Clients are expected to pay the standard rate of \$175 per 60-



minute session at the end of each session. Telephone conversations, site visits, report writing and reading, consultation with other professionals, release of information, reading records, longer sessions, travel time, etc. will be charged at the same rate unless indicated or otherwise agreed upon. Please notify Celia Marchese, LMHC, LMFT if any other problem arises during the course of therapy regarding your ability to make timely payments. Clients who carry insurance must remember that professional services are rendered and charged to the client directly and not to the insurance companies. As indicated in the section health insurance and confidentiality of records, you must be aware that submitting mental health invoices for reimbursement carries a certain amount of risk. Not all issues/condition/problems, which are the focus of psychotherapy, are reimbursed by insurance companies. It is your responsibility to verify the specifics of your coverage.

Cancellation: Since scheduling an appointment involves the reservation time specifically for you, a minimum of 24 hours-notice is required for rescheduling or canceling an appointment. This must be done by reaching Positive Solutions Therapy/Celia Marchese, LMHC, LMFT by phone at 941-218-0299. Unless a different agreement is reached, the full fee will be charged for sessions missed without such notification.

I have read the above agreement and office policies and general information carefully. I understand them and agree to comply with them.

Client Name: _____ Date: _____

Parent/Guardian _____ Date: _____

Therapist Name: _____ Date: _____