

CLIENT INFORMATION SHEET

Welcome. The purpose of the next 2 pages is to briefly acquaint you with my services. Please review the information and discuss any questions or comments with me during our first session or anytime during the counseling process.

The Counseling Process

I congratulate you on the courage it has taken to decide to enter counseling. You have already made a commitment to helping yourself by making the decision to face a difficult issue in your life. Chances are that you are not feeling so good right now and are hoping to get some relief. I am optimistic that you will feel better as a result of your counseling efforts as you open up to the therapeutic experience.

This opening up typically takes some time as you get to know me and trust me. Our first session will be an interview process; you are interviewing me to make sure I am the right therapist for you, and I will be assessing your situation to make sure I believe I can help you. At the conclusion of today's session we will decide together whether we are a good "fit". If so, we will enter into a therapeutic relationship and we will make a commitment to the counseling process.

Confidentiality

Your presence in counseling as well as the content of your sessions is confidential. This is a legal and ethical standard that I take very seriously. If you would like me to discuss our sessions with another professional (such as another therapist, doctor, or hospital) or a family member, I will do so only with your written permission.

There are 2 legally mandated exceptions to confidentiality: (1) If you present intentions to harm yourself or others, or (2) If you report child or vulnerable adult abuse I am required, by law, to take action to protect those persons involved.

Consultations

As a counseling professional, I intend to provide you with the best possible treatment. As part of my standards I may discuss my client cases with a professional colleague to gain additional knowledge, perspective, and/or insight. In these sessions, I maintain client confidentiality by not providing any identifying information about you.

Scheduling

Sessions are 50 minutes long and are scheduled on the hour. If you need to reschedule a session, *please notify me no less than 24 hours in advance*. This will allow me to utilize the time for another client. If you do not cancel with at least 24 hours notice or No Show for an appointment I will request payment for the missed session before scheduling your next visit.

If I need to reschedule a session I will provide you with the same 24 hour notification courtesy.



602.696.5532

Fees

Please provide payment for counseling services to me personally by check or cash at the time the services are received.

Fees are:

Initial Assessments: \$200 (90 minutes)

Individual, Family, and Couples Therapy sessions: \$125 (50 minutes)

A \$25 fee will be added for all returned checks

Billing

I do not bill insurance companies or any third party payers for counseling sessions. If you would like to be reimbursed by your insurance company for your counseling sessions, I will provide you with a Billing Statement that you may submit. Many insurance plans offer payment for out of network providers.

If You Need To Contact Me

If you need to reach me for any reason you may contact me by dialing my cell phone number 602-696-5532. If I am not available to take your call please leave me a voice message and I will return your call as soon as possible.

If you need to speak to a mental health professional immediately you may contact

Banner Helpline at 602-254-4357 (HELP)

I am located at:

23150 N Pima Rd Suite 2B
Scottsdale AZ 85255

Driving Directions:

From Hwy 101 in North Scottsdale take the Princess Dr/Pima Rd exit. Head north on Pima Rd for approximately 3 miles. Turn left/west on Vista Bonita (which is 1 block south of Pinnacle Peak Rd).

I am located on the southwest corner of Pima Rd & Vista Bonita on the second floor.

Mapquest does a good job directing you to my location.



602.696.5532

If I Need To Contact You - Please provide me with the following information:

Name

Address City Zip Code

Home Phone

Cell Phone

Email

Birthdate

Emergency Contact Phone

How did you hear about me?

I have received the Client Information Sheet:

Client Signature

Parent/Guardian if under 18 years old

Date

Please return this last page to me. Thank-you, Karen