

Agreement

Accountability

Practice is important. Therapy can be difficult and medications may need to be monitored frequently at times. Successful treatment requires regular appointments, and adherence to treatment plans. If a cancellation of an appointment is necessary please cancel with advanced notice. There is a 70\$ for missed appointments and last minute cancelations. If cancellations become a frequent occurrence, it may affect therapy resulting in termination of treatment. A referral to another practitioner will be provided. Treatment may be terminated without prior notice.

Treatment

Treatment is a collaborative process that will be done together and often includes outside therapists and or family members. If you are ever unclear about treatment goals or about any other aspects of your treatment please ask. I strongly encourage clients receiving medication to be in therapy either with myself or with another therapist.

Medication

There will be only one prescriber for psychotropic medications.
There will be only one pharmacy for medications
Medication renewals to be requested 5 days in advance.
It is the client's responsibility to maintain medication supplies.

Lab Tests

Occasionally blood tests may be necessary for treatment purposes. If this need arises, the client is responsible for lab fees.

Discontinuation

Discontinuation of treatment is a normal process that underlies all therapeutic relationships. It may occur when either the client or I feel goals have been met. We may decide mutually or independently to end our work together.

I will facilitate in connecting you to another provider for your continuation of care.

Confidentiality:

Confidentiality in the therapeutic relationship is fundamental aspect of treatment. This sanctity assures that information will not be shared with anyone unless:

- Written consent is given (for other providers)
- There is reason to believe you are harming a child
- A court order
- An emergency requires sharing of information

Insurance companies require information for billing purposes. If you are paying through insurance, information such as diagnosis and medication may will be provided to the insurance company.

Emergency/Urgent Services:

My office number is (503) 395-8326

I check my voicemail regularly during office hours and will attempt to return all calls within 24. I check my email infrequently on weekends and vacations. If I am on vacation there will be information provided regarding medication coverage. This is not an emergency number. In the case of an emergency:

- Go to nearest emergency room or call 911
- Multnomah County Crisis Line 503-988-4888
- Clackamas County Crisis Line 503-655-8401
- Clark County Crisis Line 503-696-9560
- Poison Control 503-494-8968 or 800-452-7165
- Alcohol and Drug Help Line 503-244-1312 or 1-800-923-HELP
- Cascadia Urgent Walk in Clinic at 2415 SE 43rd Ave 7am-10:30pm