

# Arrow Therapy

 LETTING GO. MOVING FORWARD. 

## Informed Consent for Psychotherapy

### THERAPIST:

Amie Hamaker, M.S., Licensed Professional Counselor

### EDUCATION:

Master of Science in Counseling, Southern Methodist University

Bachelor of Science in Human Development and Family Studies, Texas Tech University

### LICENSES:

Texas Licensed Professional Counselor (#70279)

**THE PROCESS OF THERAPY/EVALUATION AND SCOPE OF PRACTICE:** Participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that led you to seek therapy. Working toward 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. Amie Hamaker will ask for your feedback and views on your therapy, its progress, and other aspects of the 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 you experiencing considerable discomfort or strong feelings of anger, sadness, worry, fear, etc., or experiencing anxiety, depression, insomnia, etc. Amie Hamaker may challenge some of your assumptions or perceptions or propose different ways of looking at, thinking about, or handling situations, which can 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 personal or interpersonal relationships, 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. Change will sometimes be easy and swift, but more often it will be slow and even frustrating. There is no guarantee that psychotherapy will yield positive or intended results. During the course of therapy, Amie Hamaker is likely to draw on various psychological approaches according, in part, to the problem that is being treated and her assessment of what will best benefit you. These approaches include, but are not limited to cognitive-behavioral, dialectical-behavioral, acceptance and commitment, system/family, developmental (adult, child, family), humanistic or psycho-educational. Amie Hamaker provides neither custody evaluation recommendation

nor medication or prescription recommendation nor legal advice, as these activities do not fall within her scope of practice.

**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 where disclosure is required by law.

**WHEN DISCLOSURE IS REQUIRED OR MAY BE REQUIRED BY LAW:** Some of the circumstances where disclosure is required or may be required by law are: where there is a reasonable suspicion of child, dependent, or elder abuse or neglect; where a client presents a danger to self, to others, to property, or is gravely disabled; or when a client's family members communicate to Amie Hamaker that the client presents a danger to others. Disclosure may also be required pursuant to a legal proceeding by or against you; or if she believes you are unable to care for yourself and additional help is needed; or if there is an inquiry by my professional licensing board. If you place your mental status at issue in litigation initiated by you, the defendant may have the right to obtain the psychotherapy records and/or testimony by Amie Hamaker. In couple and family therapy, or when different family members are seen individually, even over a period of time, confidentiality and privilege do not apply between the couple or among family members, unless otherwise agreed upon. Amie Hamaker will use her clinical judgment when revealing such information. Amie Hamaker will not release records to any outside party unless she is authorized to do so by all adult parties who were part of the family therapy, couple therapy or other treatment that involved more than one adult client.

**CONSULTATION:** Amie Hamaker consults regularly with other professionals regarding her clients; however, each client's identity remains completely anonymous and confidentiality is fully maintained.

**E-MAILS, CELL PHONES AND COMPUTERS:** You consent for Amie Hamaker to communicate with you by mail, text, email, and phone at the addresses and phone numbers that you provided on the New Client Information Form, and you will immediately advise her if there is a change. During office hours you can reach Amie Hamaker at (214) 265-6507. After hours, you can sometimes reach her by cell phone at (817) 807-3311. Amie Hamaker may charge her regular session rate for phone calls which exceed 10 minutes.

**EMERGENCIES:** In case of emergency (an urgent issue requiring immediate action), you should immediately contact 911, your physician, your local emergency room, the local police department or a crisis hotline. It is your responsibility to seek appropriate resources in emergency situations. Arrow Therapy is not a crisis center; neither Amie Hamaker nor Arrow Therapy will be held responsible for any damages occurring as a result of unmet crisis or acute care. In case of emergency, Amie Hamaker is authorized (but not required) to discuss your emergency situation with the emergency contact listed in your new client information form.

**FEES & PAYMENT:** Our sessions will normally be 50 minutes, although sometimes longer sessions are appropriate. Together we will decide how often you should come to therapy. Sessions are by appointment only and are scheduled at the end of each session or by calling the Arrow Therapy office phone number or Amie Hamaker's cell phone number. You agree to pay for

missed or cancelled sessions unless you call at least 24 hours in advance to cancel or reschedule the session. (Exceptions may be made in emergency situations.) Most insurance companies do not reimburse for missed sessions. Each 50-minute session costs \$125 which is due before or at the end of each session. You are responsible to pay all fees. In many cases, insurance will reimburse you for all or part of the fee. Arrow Therapy does not file insurance claims for you; you must do this on your own. However, we will provide you appropriate documentation for you to give your insurance company. If Amie Hamaker is asked or required to attend or testify at depositions, hearings and trials (even if you are not the person who sought her attendance or testimony) concerning your case, you agree to pay her \$2,000 per day (or any part thereof) because attendance or testifying at depositions, hearings and trials disrupts her daily schedule for other clients. If she is asked or required to devote other non-session time to your case (even if you are not the person who asked or required her to do so), you agree to pay her \$250 per hour (prorated in 15-minute increments) for that non-session time, plus reasonable expenses and legal fees. "Non-session time" includes, but is not limited to, offsite visits, consultation with third parties, report writing and reading, travel time, and preparation for depositions, hearings and trials. Arrow Therapy may require an advance deposit or payment for these fees and expenses, which will not be reimbursed by your insurance.

**TREATMENT PLANS:** Within a reasonable period of time after the initiation of treatment, Amie Hamaker will discuss with you her working understanding of the problem, treatment plan, therapeutic objectives, and her view of the possible outcomes of treatment. If you have any unanswered questions about any of the procedures used in the course of your therapy, their possible risks, Amie Hamaker's expertise in employing them, or about the treatment plan, please ask and you will be answered fully. You also have the right to ask about other treatments for your condition and their risks and benefits.

**TERMINATION:** Length of treatment is difficult to predict. Each person has unique strengths and weaknesses, and each problem is different from the next. It is Amie Hamaker's goal that each client will finish therapy in a timely manner, without unnecessary expenditure of time or money. Faster progress will likely be achieved if between sessions you thoughtfully reflect on the topics and techniques discussed during the sessions. Coming to your session with your thoughts, feelings and questions is helpful. Normally we will terminate therapy by mutual agreement. You have the right to terminate therapy at any time. If you do not schedule an appointment within 90 days of your last therapy session, Amie Hamaker has the right at any time thereafter to deem your therapy terminated. As the therapy proceeds, she will assess the continued benefit of your therapy with her. She does not continue to treat clients who are not benefitting from therapy or those who believe she is unable to help. She will discuss this with you and, if appropriate, terminate treatment. In case of termination, she will provide you referrals to other therapists who may be of help to you. If you request it and authorize it in writing, she will consult with the therapist you select to assist in your transition.

**DUAL RELATIONSHIPS:** Despite a popular perception, not all dual or multiple relationships are unethical or avoidable. Therapy never involves sexual or any other dual relationship that impairs Amie Hamaker's objectivity, clinical judgment or can be exploitative in nature. Amie Hamaker will assess carefully before entering into non-sexual and non-exploitative dual relationships with clients. It is important to realize that in some communities, particularly small towns,

small communities, military bases, university campuses, spiritual and rehabilitation communities, etc., multiple relationships are either unavoidable or expected. Amie Hamaker will never acknowledge working with anyone without her written permission. Many clients have chosen Amie Hamaker as their therapist because they knew her before they entered therapy with her, and/or are personally aware of her professional work and achievements. Nevertheless, Amie Hamaker will discuss with you the often-existing complexities, potential benefits and difficulties that may be involved in dual or multiple relationships. Dual or multiple relationships can enhance trust and therapeutic effectiveness but can also detract from it and often it is impossible to know which ahead of time. It is your responsibility to advise Amie Hamaker if the dual or multiple relationship becomes uncomfortable for you in any way. Amie Hamaker will always listen carefully and respond to your feedback and will discontinue the dual relationship if she finds it interfering with the effectiveness of the therapy or your welfare and, of course, you can do the same at any time.

**SOCIAL NETWORKING AND INTERNET SEARCHES:** At times, Amie Hamaker may conduct a web search on her clients before the beginning of therapy or during therapy. If you have concerns or questions regarding this practice, please discuss them with her. She does not accept friend requests from current or former clients on social networking sites, such as Facebook. She believes that adding clients as friends on these sites and/or communicating via such sites can compromise their privacy and confidentiality. For this same reason, she requests that clients not communicate with her via any interactive or social networking web sites.

**AUDIO OR VIDEO RECORDING:** Unless otherwise agreed to by all parties beforehand, there shall be no audio or video recording of therapy sessions, phone calls, or any other services provided by Amie Hamaker.

**THERAPIST'S INCAPACITY OR DEATH:** If Amie Hamaker becomes incapacitated, dies or ceases to practice counseling, it will become necessary for another therapist to take possession of your files and records. By signing this Client Rights, Responsibilities and Consent to Treat form, you consent to allow Mary Sanger, LMFT, LPC, LCDC to take possession of your files and records. She will assist you in selecting a therapeutically appropriate successor.

**COMPLAINTS:** If you have a complaint or concern, please speak first to Amie Hamaker. If we are not able to resolve the complaint or concern, you may contact my licensing board as follows: Texas State Board of Examiners of Professional Counselors, Complaints Management and Investigative Section; P.O. Box 141369, Austin, Texas 78714-1369; 1.800.942.5540 (phone).

**CONSENT TO TREAT:** You have voluntarily agreed to receive mental health assessment, care, or treatment, and you consent to and authorize Amie Hamaker to provide such assessment, care, or treatment in the manner she considers necessary and advisable. You agree to participate in the planning of your care and treatment; you may stop care or treatment at any time.

**AMENDMENT:** Amie Hamaker may amend this Client Rights, Responsibilities and Consent to Treat form on prior notice to you.

AUTHORIZATION: By signing this Client Rights, Responsibilities and Consent to Treat form, you authorize Arrow Therapy to charge your credit/debit card for all fees not paid by cash or check. Arrow Therapy assesses an administrative charge of 3% for each credit/debit card transaction.

BY SIGNING THIS CLIENT RIGHTS, RESPONSIBILITIES AND CONSENT TO TREAT FORM, YOU ACKNOWLEDGE YOU HAVE READ AND UNDERSTOOD ALL THE TERMS AND INFORMATION CONTAINED IN IT AND THAT AMPLE OPPORTUNITY HAS BEEN OFFERED TO YOU TO ASK QUESTIONS AND SEEK CLARIFICATION OF ANYTHING UNCLEAR TO YOU.

Client's Name (print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Client's Name (print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Psychotherapist's Name (print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_