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PSYCHOTHERAPY INFORMATION DISCLOSURE STATEMENT CONFIDENTIALITY

With the exception of certain specific exceptions described below, you have the absolute right to the confidentiality or privacy of information. I cannot and will not tell anyone else what you have told me, or even that you are in therapy with me without your prior written permission, except in the following situations:

- **Child Abuse:** If I have cause to believe that a child has been, or may be, abused, neglected, or sexually abused, I must make a report of this belief.
- **Adult and Domestic Abuse:** If I have cause to believe that an elderly or disabled person is in a state of abuse, neglect, or exploitation, I must immediately report it.
- **Health Oversight:** If a complaint is filed against me with the Texas State Board of Examiners of Psychologists, they have the authority to subpoena confidential mental health information from me relevant to that complaint. This means information about you could be given to them.
- **Patient Abuse:** If you tell me that you have been abused by a health or mental health provider, or indicate that such a person is significantly impaired in their functioning, I will report it.
- **Judicial or Administrative Proceedings:** If you are involved in a court proceeding and a request is made for information about your treatment, I will not release such information unless I have either written authorization from you or your personal (or legally appointed representative) or I have been subpoenaed by a court order.
- **Serious Threat to Health or Safety:** If I determine that there is a probability of imminent physical or emotional injury by you to yourself or others, I may disclose relevant confidential mental health information to medical or law enforcement, or family members in order to ensure your safety.
- **Consultation:** I occasionally consult other professionals about a case. During a consultation, I make every effort to avoid revealing the identity of my patient. The consultant is also legally bound to keep the information confidential.
- **Worker's Compensation:** If you file a worker's compensation claim, I may disclose records relating to your diagnosis and treatment to your employer's insurance carrier.

I may use or disclose protected health information for purposes outside of treatment, payment, and health care operations when your authorization is obtained. An "authorization" is a written permission permitting specific disclosures above and beyond those permitted by the general consent. You may revoke all such authorizations (regarding protected health information or psychotherapy notes) at any time, provided each revocation is in writing.

You are also protected under the provisions of the Federal Health Insurance Portability and Accountability Act (HIPAA). This law insures the confidentiality of all electronic transmission of information about you. Whenever I transmit information about you electronically (for example, sending bills or faxing information), it will be done with safeguards to insure confidentiality.

RECORDS: The laws and standards of my profession require that I keep treatment records. You are entitled to receive a copy of your records, (within 15 days of request). You have the right to request that I correct any errors in your file. I maintain your records in a secure location that cannot be accessed by anyone else. If a third party such as an insurance company is paying for part of your bill, I may be required to give a diagnosis to that third party in order to be paid. I will discuss my diagnostic impressions with you. If you would like clarification of what a diagnosis means, I will gladly discuss it with you. Sometimes I have to provide additional clinical information such as treatment plans or summaries, or copies of the entire record (in rare cases). This information will become part of the insurance company files and will probably be stored in a computer. In some cases, they may share the information with a national medical information databank.

PSYCHOTHERAPY I have a Ph. D. in Clinical Psychology and have been a licensed psychologist in the State of Texas since 1995. My areas of expertise include the treatment of depression, anxiety, and pain management. My approach to therapy is called Cognitive Behavioral Therapy. This type of therapy helps a patient understand the underlying thoughts that influence one's emotions and behavior. Research indicates that cognitive behavioral skills can significantly diminish depressive, anxious, and other mood disordered symptoms. Some of the techniques I use are cognitive reframing, mindfulness, relaxation

training, journal-keeping, visualization, behavioral approaches to address mood disturbance, and various homework assignments. At your request, I would be happy to discuss the details, benefits and liabilities of techniques that are used. It is also important to know that there are other alternatives to the treatment of mood disorders. These include such interventions as medication, interpersonal therapy, and solution-focused therapy.

Psychotherapy can have benefits and risks. At times, you may experience uncomfortable feelings like sadness, guilt, anger, or anxiety. On the other hand, therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. Common alternatives to therapy, for mental health treatment, are the use of medication, group therapy, and inpatient treatment.

Sessions last approximately 55 minutes.. Therapy is usually conducted on a weekly basis. The typical course of therapy is 3-9 months.

Termination of therapy is usually a joint decision. However, if I feel therapy is not helping you, I may inform you of this, and refer you to another therapist who may better meet your needs. If anyone does violence to, threatens, abuses, or harasses myself or my family, I reserve the right to terminate them immediately from treatment.

If you're unhappy with what's happening in therapy, I invite you to talk about it with me so that I can respond to your concerns. I will take such criticism seriously. If you believe that I've been unwilling to listen and respond, or that I have behaved unethically, you can address these concerns with the Texas State Board of Examiners of Psychologists.

PAYMENT

“Managed Health Care” plans require authorization before they pay for mental health services. These plans are often limited to short-term treatment approaches designed to work out specific problems that interfere with a person’s usual level of functioning. It may be necessary to seek approval for more therapy after a certain number of sessions. While a lot can be accomplished in short-term therapy, some patients feel that they need more services after insurance benefits end.

AVAILABILITY: You may reach me at 713-201-8791. When I am unavailable, please leave a message on my voice mail. I will make every effort to return your call within the day (if the call is made before nighttime), except for weekends and holidays. When I am away from the office for an extended period, I will have someone cover my practice and will list the name and phone number of that therapist on my voicemail. Generally, I am available for phone calls in the early evening. If you are experiencing an emergency and are unable to reach me, call 911 or go to the nearest hospital emergency center.

I understand I have the write to revoke this consent in writing. I also have been given a copy of this consent for my records.

Patient signature

Date

I understand that the initial interview is an evaluation of symptoms and to determine if this therapy setting is a good fit for treating my symptoms (after the interview is concluded, it will be determined if I will receive ongoing treatment).

Patient signature

Date