

Pam Rinn, Ph.D.

Licensed Marriage and Family Therapist-Associate

SAFE WATERS FAMILY THERAPY

723 S. Interstate 35E, Suite #112 * Denton, TX 76205

(940) 536-3136

CLIENT INFORMATION SHEET AND INFORMED CONSENT

The nature of psychotherapy: Therapy works best when you are an active partner in the process and I welcome questions and feedback regarding our work together. Pam Rinn, PhD., LMFT-Associate will consult with her supervisor as stated in the terms of Texas Board of Examiners of Marriage and Family Therapists supervisory agreement. Participating in therapy may result in benefits including but not limited to: improved interpersonal relationships; reduced stress and anxiety; better communication with loved ones; increased capacity for intimacy; a decrease in negative thoughts and self-sabotaging behaviors; increased comfort in social, work, and family settings; increased confidence and self-acceptance; greater ability to experience life more fully; more balance in life; and deeper self-awareness. Such benefits may require substantial effort on your part including active participation in the therapeutic process, honesty, and a willingness to change feelings, thoughts, and behaviors as needed. There is no guarantee that therapy will yield any or all of the benefits listed above.

Participating in therapy may involve discomfort, including discussing difficult feelings and experiences and may evoke strong emotions, including anger, sadness, and fear. During the therapeutic process, many clients find that they initially feel worse before they feel better. This is generally a typical course of events. Personal growth and change may be easy at times while slow or frustrating at other times. You may also feel conflicted about coming to sessions. If this is the case, please bring up these concerns so we can address them. The process of therapy may sometimes result in unexpected outcomes, such as changes in personal or career relationships and goals. Please be aware that any decision about your relationships, personal life, or work life are your responsibility. Mental health therapists are mandatory reporters of 1) any suspected abuse or neglect of children, elderly, or disabled individuals; 2) if client poses a threat to self or others.

Completion of Therapy: The length of your therapy depends on the specifics of your situation and the progress we achieve. As we approach the completion of your goals, I will discuss with you a plan for ending therapy. If during therapy you come to feel that the issues for which you are seeking therapy are not being satisfactorily addressed and you wish to see another therapist, I will offer you referrals to other therapist to assist in a smooth transition if you desire. If it becomes clear to me that you are not benefitting from our work together, I am ethically bound to stop treating you and will

provide you with referrals to other sources for therapy. You may discontinue therapy at any time. Should you choose to end your therapy, I generally recommend that we meet for at least on final visit to facilitate a positive terminations experience and give us an opportunity to reflect on the work that has been done.

Fee and Cancellation Policy: All fees are payable by cash or check at the beginning of the session. The Initial Intake session is 75 minutes (\$90); Individual therapy sessions are 50 minutes (\$90); Couple and Family sessions are 75 minutes (\$130). There is a \$30 charge for any returned checks. There is no charge for brief phone calls (up to 5 min.), but longer phone sessions with you or with any professionals or others you ask me to speak with on your behalf are subject to a charge based on the length of the call. When we schedule an appointment, that time is reserved entirely for you. Therefore, if you need to cancel an appointment, please let me know at least 24 hours in advance; otherwise I will have to charge you for the missed appointment since I will not be able to fill the appointment time on short notice.

Therapist Availability: You can leave a message for me and I normally return phone calls within one business day. **In a life-threatening emergency, call 911 immediately. In a mental-health crisis, local 24-hour hotlines are available (800-316-9241).** If you have any questions on the above, ask me. Otherwise, please sign below. By signing you acknowledge that you have reviewed and fully understand this agreement, that you have had any questions regarding terms and conditions answered to your satisfaction, and that you agree to the terms and conditions of this agreement and consent to participate in psychotherapy.

Sign Name: _____ Print Name: _____

Home Phone: _____ Cell Phone: _____

Email: _____ Address: _____

Today's Date: _____ Your birthdate: _____

An individual who wishes to file a complaint against a Licensed Marriage and Family Therapist (LMFT) or a Licensed Marriage and Family Therapist Associate (LMFT Associate) may write to: *Complaints Management and Investigative Section P.O. Box 141369 Austin, Texas 78714-1369* or call 1-800-942-5540 to request the appropriate form or obtain more information. *This number is for complaints only.*