

Psychotherapy Agreement

Paws Bereavement

Information About Your Therapist

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Licensed Clinical Social Worker

License #LCSW 13666 issued by the State of Arizona Board of Behavioral Health Sciences.

Welcome to Paws Bereavement mental health therapy service. This document is intended to provide you with important information regarding the practices, policies, and procedures of Therapy services and to clarify the terms of the professional therapeutic relationship. Please complete as much as you can in the "Client information" section as it can be helpful in the treatment process. Please sign the Therapy agreement that covers fee's appointments, confidentiality and cancellation process.

Psychotherapy Agreement.

Psychotherapy is a process of learning that the therapist and Client work together on to create new perspectives, emotional tools and internal experiences that inspire healing and change. When exploring Grief, it may involve or bring up other unresolved issues and aspects of your life that can further impact how you feel. A main objective of grief therapy is to increase emotional tolerance and personal insights so healing can take place.

Therapy in general is not easily described in any one statement. It varies depending on the personalities of the therapist and client, and the particular problems you bring forward. There are many different methods a therapist may use to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for therapy to be most successful, you will have to work on things we talk about both during our sessions and at home.

Each persons experience to grief is unique, complex and personal. Some Clients may benefit from remedies such as relaxation techniques, meditation, connecting to your animal through memory, reflection, ritual or dialog. Other various approaches may include; learning about the grief model developed by Elisabeth Kubler-Ross's, cognitive behavioral therapy, eye movement desensitization & reprocessing (EMDR),existential and humanistic modalities. These interventions are widely used for treating ptsd, trauma, anxiety, depression, attachment disorders and grief/loss

There may be additional approaches we stumble on together but generally I will invite you to investigate and explore your thoughts, feelings, behaviors and perceptions. I can use my clinical skills to help you recognize significant personal material that when adapted to new insights and meaning can offer a new and relieving experience about your loss.

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Therapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience. Sometimes counseling services are provided primarily to prevent further deterioration of your mental or emotional status which is considered maintenance treatment. Results can vary from person to person and much depends on the effort and willingness you put in by practicing what is discussed in session and in your day to day life.

Bereavement refers to the process of recovering from the death of a loved one. Grief is a reaction to any form of loss. Both encompass a range of feelings from deep sadness to anger, and the process of adapting to a significant loss can vary dramatically from one person to another. Depending on his or her background, beliefs, relationship to what was lost, and other factors. There is no clear cut path when it comes to grief therapy. Grief is a normal part of life and alerts us that we are in pain. Pain can be a pivoting point to grow, learn and change how we live our lives for the better. You can never forget or 'get over' the loss of a loved one but you can heal and rebuild yourself and carry your loved one with you while getting back to living.

Appointments/Cancellations

Bereavement Therapy is a process that typically requires several sessions to achieve desired results for lasting change. The amount of needed sessions can vary but generally no more than 12 are needed. Paws Bereavement Therapy is centered around an evidence based trauma approach that is brief and strategic but may involve other remedies deemed appropriate by client and therapist. There is no obligation to scheduling additional sessions if that is not something you wish to do. You are in control of your options, choices and your decisions will always be honored and respected.

Sessions are typically scheduled on a weekly basis and approximately 50 - 55 minutes in length. Sessions take place in the privacy of your home to provide added comfort to you (additional family and pet if applicable). The first session is intended to explore your concerns and to set up a treatment plan that you are comfortable with and can meet your therapy needs. Consistent attendance greatly contributes to a successful therapy outcome as material often builds from session to session. If there are multiple people in the home

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also experiencing impairment from Grief, it will be discussed during the initial intake as to whom will be appropriate members to include in services.

In order to cancel or reschedule an appointment, the Client must contact Paws Bereavement Main Line at 480-382-4320. If you the Client needs to cancel a appointment, please try to do so with a 24 hour notice. Otherwise he or she will be responsible for payment in the full fee for the missed session. Exceptions may be made and encourage you to speak with your therapist about it.

Fees

Therapy sessions are roughly 50 to 55 minutes long. The full fee for service is \$175 per therapy session which includes travel fee. A 30 dollar travel charge will be added and in addition to any co-pay if insurance is being used. Co-pay amounts can vary and will be discussed and confirmed with you prior to your first appointment. Payment will be collected at the start of each session for both Self Pay or insurance based Clients.

Accepted forms of payment include cash, or card.

Insurance

Paws Bereavement is currently accepting BCBS, Medicare, Aetna, and Healthnet (MHN). If you are wanting to use your insurance please fully complete the "Insurance Verification Form" that can be downloaded under forms labeled Contact Info. We ask you to complete this process prior to the first session as so we do not spend a portion of your session attending to these affairs. If you are needing any help with the insurance questions outlined on the form our front desk admin will help you with this process. If you are from out of state and wanting to use insurance, please verify out of network benefits with your health insurance carrier. There are some instances where insurance reimburses clients after they pay in full. We will work closely with you to make sure you are comfortable and aware of your payment options.

Confidentiality

Information disclosed in therapy sessions is strictly confidential between Client and Therapist and will not be released to any third party without written authorization, except where required or permitted by law. Exceptions to confidentiality include, but are not limited to, reporting suspected child abuse, elder abuse, or dependent adult abuse; if the therapist feels that the client may be a danger to him or herself or to the person or property of another; if the patient is gravely disabled; or if disclosure is court ordered. Communications between the therapist and patients who are minors (under the age of 18) are also strictly confidential. Parents or legal guardians who have authorized the treatment may be generally advised about the progress of therapy. However, for psychotherapy to be successful,

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there must be a trusting relationship between the therapist and the child. Parents or legal guardians will be informed if the therapist feels that the child is a danger to him or herself or to the person or property of another. All other ethical and legal limitations to confidentiality apply.

All records and psychotherapy notes constitute the therapist's clinical and business records which, by law, the therapist is required to maintain. You are entitled to receive a copy of your records, or I can prepare a summary for you instead. Because these are professional records, they can be misinterpreted and/or upsetting to untrained readers. If you wish to see your records, I recommend that you review them in my presence so that we can discuss the contents. Most records are stored in locked files. Some are stored electronically in compliance with ethical and legal requirements. Any questions or concerns you have regarding personal information can be discussed with your therapist.

Additionally, when processing grief, it's not uncommon for other sensitive and very personal issues to surface. If this happens with other family members or supports present, I will request to hold off on talking about it until privacy can be guaranteed. If privacy cannot be guaranteed in the home, other arrangements can be made to meet in an office.

For clients who live out of state and attend sessions through video conference interfacing, we use an app called Vsee that is free to download and hipaa compliant. Our therapist are required to call you from a private location that is secure and without interruptions. We can not guarantee privacy on your end and advise you to pick a location that can be made private.

Voicemail and Emergencies

I am often not immediately available by telephone. My telephone is answered by an answering service voice mail that I monitor periodically throughout the day. I will make every effort to return your call/email as soon as humanely possible. Please note for maximum therapeutic effectiveness and to ensure confidentiality, telephone contacts and emails are generally for the sole purpose of appointment scheduling. In the event of an emergency involving a threat to your safety or the safety of others, please call 911 or go to your local emergency room. If are are needing increased support between session please discuss what you need with your therapist. For non life threatening emergencies, please consider using the crises line for more immediate support. **Central Arizona Crisis**

Line- (800) 631-1314, (602) 222-9444, TTY (800) 327-9254

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Termination of Therapy

You have the right to discontinue therapy at any time. There may be times that despite efforts on both Client and Therapist, grief therapy is not working. Reasons for wanting to end therapy may include, but are not limited to, failure to comply with treatment recommendations, conflicts of interest, not wanting to participate in therapy, or untimely payment of fees or outstanding bills. Your therapist make every effort to connect you with another provider for care if you so desire.

Acknowledgement

I have read this document completely and have been given the opportunity to ask questions and have them answered. I fully understand the information contained herein regarding the practices, policies, and procedures of this office. I agree to abide by the terms and conditions set forth in this agreement and hereby consent to treatment for grief therapy for me or my minor child.

Consent for treatment

You the Client understand and agree to the terms mentioned above. You the client consent to receiving in home grief therapy by one of our licensed therapist (Nicole Bruno or Dennily Lerner).

Patient (or Parent Guardian) Signature

Date Signed

Patient (or Parent/Guardian) Printed Name

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