

Maya Heffernan, LMFT 111639

Agreement for Service/Informed Consent

Maya Heffernan, MA
Licensed Marriage and Family Therapist 111639
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ABOUT THE THERAPY PROCESS

Psychotherapy is a process in which Therapist and Client discuss a myriad of issues, events, experiences, and memories for the purpose of creating positive change so the Client can experience their life more fully. Psychotherapy is a joint effort between Client and Therapist. Progress and success may vary depending on the particular problems being addressed. Therapy includes benefits such as, reduced stress and anxiety, improved interpersonal relationships, and increased comfort in social, work, and family settings. Such benefits may also require substantial effort on the part of the Client, including an active participation in the therapeutic process, honestly, and a willingness to change feelings, thoughts, and behaviors. Participating in therapy may also involve some discomfort, including remembering and discussing unpleasant events, feelings, and experiences. This process may evoke strong feelings of sadness, anger, fear, etc. During the therapeutic process, many clients find they feel worse before they feel better. Client should address any concerns he/she has regarding progress in therapy with the Therapist.

THERAPY FEES

The usual and customary fee for an individual 50-minute psychotherapy session is \$175.00. Couples' sessions are \$180.00 and family sessions are \$190.00. Fee reduction may be considered in some cases. Payment is to be made in full at the beginning of each session in the form of cash, credit card or personal check. *Returned checks* will require a \$25.00 fee (in addition to the original amount). Sessions longer than 50 minutes are charged for the additional time pro rata. Therapist reserves the right to annually increase fees in keeping with inflation, operating costs, and market rates for the Therapist's credentials and experience level. An estimated 5% fee increase will customarily be done annually on January 1. Client will be notified at least 30 days in advance of any fee increase. When Therapist and Client engage in telephone contact for purposes other than scheduling sessions, fees will apply based on agreed upon session rate. The agreed upon fee between Therapist and Client is _____ . (Client's Initials [redacted] Therapist's Initials [redacted])

CANCELLATIONS

A minimum of 24 hours' notice is required to cancel or change a session. If you cancel within 24 hours or fail to show up for a scheduled session, you will be charged full appointment fee for the missed session.

INSURANCE

Maya Heffernan, LMFT does not bill any insurance companies. The Client is responsible for all fees. It is the Client's responsibility to submit claim forms for reimbursement to their insurance company. Therapist is not a contracted provider with any insurance company. Should the Client choose to use their insurance, Therapist will provide a summary of all charges which the Client can submit to the third-party of their choice to seek reimbursement of fees already paid. Please be aware that insurance plans generally limit coverage to certain diagnosable mental conditions. It is your responsibility to understand and verify the limits of your insurance coverage. If your insurance denies payment of any service, payment of service is your responsibility.

CONFIDENTIALITY

The information disclosed by the Client is generally confidential and will not be released to any third party without written authorization from the Client, except when permitted by law. The Therapist utilizes a "no-secrets" policy when conducting family or couples therapy. Please feel free to ask your Therapist about this policy and how it may apply to you. **Exceptions to Confidentiality required by law to report:** (1) Instances of suspected child, elder or dependent adult abuse (2) Instances when a client presents serious threat of physical violence towards a reasonably identifiable victim (3) Instances when a client is dangerous to him/herself or the person/property of another and (4) Instances when a therapist is required by federal law to release confidential information per the Patriot Act 2001.

COMMUNICATION

Your Therapist will use email and/or text messaging solely for appointment scheduling and non-sensitive, non-urgent issues. The use of email and text messaging has a number of inherent risks that you should consider. Email and text may not be secure. The Therapist cannot guarantee but will use reasonable means to maintain security and confidentiality of email/text information sent and received. While the Therapist will try to respond to email/text messages during business hours, it

