



T H E R A P Y A T T H E B E A C H

AGREEMENT FOR SERVICES/INFORMED CONSENT

Introduction

This agreement is intended to provide important information to you (Client) regarding the practices, policies, and procedures of Elizabeth W. LaBolt, LMFT, License No. LMFT88920, (herein "Therapist"), and to clarify the terms of the professional therapeutic relationship between Therapist and Client. Please read the entire document carefully and ask any questions that you may have with Therapist prior to signing it.

Therapist Background and Qualifications

Therapist is a licensed marriage and family therapist and is also a certified Daring Way™ Facilitator. The Daring Way™ is based on the research of Brené Brown, PhD related to the topics of shame and vulnerability. Therapist's theoretical orientation can be described as eclectic which is primarily a combination of psychodynamic, client-centered, and solution-focused theories. Therapist has also trained in Accelerated Resolution Therapy (ART) and Trauma Resiliency Model (TRM).

Fees

The agreed upon fee between Therapist and Client is \$_____ per individual 50 minute therapy session and is payable at the time services are provided. Therapist reserves the right to periodically adjust this fee, but Client will be notified of any fee adjustment in advance. Occasionally, Therapist may engage in telephone contact with Client, or with a third party on their behalf with Client's advance written authorization, for purposes other than scheduling sessions. Client is responsible for payment of the agreed upon fee (on a pro rata basis) for any telephone calls, either with Client or on their behalf, longer than fifteen minutes.

Insurance

Therapist is not a contracted provider with any insurance company or managed care organization. Should Client choose to use their insurance, at client's request Therapist will provide Client with a statement which Client can submit to the third-party of their choice to seek reimbursement of fees already paid. However, it is important to note that insurance plans generally limit coverage to certain diagnosable mental conditions, that any diagnosis made will become part of your permanent insurance records, and that Client is responsible for verifying and understanding the limits of their coverage. Therapist is unable to guarantee whether Client's insurance will provide payment for the services provided to you.

Cancellation Policy

Client is responsible for payment of the agreed upon fee for any session(s) for which Client did not provide at least 24 hours notice. Cancellations should be left on Therapist's voicemail or communicated by text message at the telephone number provided to client by Therapist. Insurance companies do not pay for missed or cancelled appointments.

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LICENSED MARRIAGE AND FAMILY THERAPIST

708 785-2692 - liz@shorebeachtherapy.com - shorebeachtherapy.com
P.O. Box 1395, Santa Monica, CA 90406-1395
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Therapist Availability/Emergencies

Client may leave a voicemail message for Therapist at any time. Therapist will make every effort to return calls within 24 hours (or by the next business day), but cannot guarantee the calls will be returned immediately. **Therapist is unable to provide 24-hour crisis service. In the event Client is feeling unsafe or requires immediate medical or psychiatric assistance, they should call 911, or go to the nearest emergency room.**

Risks and Benefits of Therapy

Psychotherapy is a process in which Therapist and Client discuss a wide variety of issues, events, experiences and memories with the goal of creating positive change for Client. It provides an opportunity for Client to gain insight into themselves and their problems and challenges. It is a collaborative effort between Client and Therapist operating in a spirit of acceptance with respect for cultural differences. Because progress and success are dependent upon a variety of factors, it is not possible to predict the length of the process or to guarantee a specific outcome or result.

However, participating in therapy may result in a number of benefits to Client, including, but not limited to, reduced stress and anxiety, a decrease in negative thoughts and self-defeating behaviors, improved interpersonal relationships, increased comfort in a variety of settings, increased capacity for intimacy, and increased self-confidence.

On the other hand, participating in therapy may also involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. The issues presented by Client may also result in unintended outcomes, including changes in personal relationships. Client should be aware that any decision on the status of their personal relationships is the responsibility of the Client. It is not uncommon for clients to find they feel worse before they feel better, but this is generally a normal course of events. Personal growth and change might at times be easy and swift, but can also be slow and frustrating. It is expected that Client will address any concerns regarding their progress in therapy with Therapist.

Confidentiality

The information disclosed by Client is generally confidential and will not be released to any third party without written authorization from Client, except where permitted by law. **Exceptions to confidentiality, include, but are not limited to, reporting suspected child, elder and dependent adult abuse, when Client makes a serious threat of violence towards a reasonably identifiable victim, or when a client is dangerous to themselves or to the person or property of another.**

Psychotherapist-Client Privilege

The information disclosed by Client, as well as any records created, is subject to psychotherapist-client privilege which results from their special relationship in the eyes of the law. Typically, the client is the holder of the psychotherapist-client privilege. If Therapist received a subpoena for records, deposition testimony, or testimony in a court of law, Therapist will assert the privilege on Client's behalf until instructed, in writing, to do otherwise by Client or Client's legal representative. Client should be aware that they might be waiving the psychotherapist-client privilege if

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they make their mental or emotional state an issue in a legal proceeding. Client should address any concerns they might have regarding psychotherapist-client privilege with their attorney.

Records and Record Keeping

Therapist may take notes during session, and will also produce other notes and records regarding Client’s treatment. These notes constitute Therapist’s clinical and business records that Therapist is required by law to maintain. These records are the sole property of Therapist. Should client request a copy of Therapist’s records, such a request must be made in writing. Therapist reserves the right, under California law, to provide Client with a treatment summary in lieu of actual records. Therapist also reserves the right to refuse to produce a copy of the record under certain circumstances, but may, as requested, provide a copy of the record to another treating health care provider. Therapist will maintain Client’s records for a minimum of seven years following termination of therapy. However, after a minimum of seven years, client’s records will be destroyed in a manner that preserves Client’s confidentiality.

Client Litigation

Therapist will not voluntarily participate in any litigation, or custody dispute in which Client and another individual or entity are parties. Therapist has a policy of not communicating with Client’s attorney and will generally not write or sign letters, reports, declarations, or affidavits to be used in Client’s legal matters. Therapist will generally not provide records or testimony unless compelled to do so. Should Therapist be subpoenaed, or ordered by a court of law, to appear as a witness in an action involving Client, Client agrees to reimburse Therapist for any time spent for preparation, travel, or other time in which Therapist has made herself available for such an appearance at Therapist’s usual and customary hourly rate which may be more than Client’s agreed to fee per session. Currently, that fee is \$150.00 per hour.

Termination

Therapist reserves the right to terminate therapy at her discretion. Reasons for termination include, but are not limited to, untimely payment of fees, conflicts of interest, failure to participate, Client’s needs are outside of Therapist’s scope of competence or practice, or Client is not making adequate progress. Client has right to terminate therapy at their discretion.

Acknowledgement

By signing below, Client acknowledges that they have reviewed and fully understands the terms and conditions of this Agreement. Client agrees to abide by the terms and conditions of this Agreement and consents to participate in psychotherapy with Therapist. Moreover, Client agrees to hold Therapist free and harmless from any claims, demands, or suits for damages for any injury or complications whatsoever, save negligence, that may result from treatment.

Client Name (please print)

Signature of Client

Date

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