



Practice Policies

APPOINTMENTS AND CANCELLATIONS

*The standard meeting time for psychotherapy is 60 minutes. If you are late for a session, you may lose some of that session time. If you are unable to keep your appointment time, you must notify me no later than **48 hours** in advance, or you will be responsible for the payment of the session missed. (For example, if we are scheduled for a meeting at 3:00 pm on Thursday, then I would need to know by 3:00 pm on Tuesday if you cannot make it to the appointment. Otherwise, I charge the fee even if you cannot come. There are no exceptions.) While I believe this is the most meaningful job in the world (I realize I am biased), it is also the way I earn my living, and I need the 48 hours to fill the open spot.*

FEES

*Unless otherwise arranged, the fee is due at the beginning of each session. My current fee is \$130-\$200 per session; should this fee change you will be given adequate prior notice to respond. **Fees rise \$5 annually on Labor Day (September).** A \$10.00 service charge will be charged for any checks returned for any reason for special handling.*

*If I am brought into a legal matter involving you, in any way, my compensation rate is **\$450/hour**. You agree that these fees are higher rates than my hourly fees for psychotherapy, and that is because legal involvement is time/energy-consuming and may interfere with my practice responsibilities.*

TELEPHONE ACCESSIBILITY

If you need to contact me between sessions, please leave a message on my voice mail. I am often not immediately available; however, I will attempt to return your call within 24 hours on business days.

If a true emergency arises, please call 9-1-1 or go to any local emergency room.

TELEHEALTH

Over the course of your therapy, you and I may decide to use Telehealth for one or more sessions. Telehealth is especially helpful when one of us is sick but able to participate meaningfully in therapy, away from the area (such as for travel), or live far from the office (such as clients who live outside of Orange County). Many clients switched to telehealth out of necessity over quarantine and found they enjoyed the convenience of receiving therapy this way. If you would like more information about telehealth, please let me know.

SOCIAL MEDIA AND TELECOMMUNICATION

Due to the importance of your confidentiality and the importance of minimizing dual relationships, I do not accept friend or contact requests from current or former clients

on any social networking site (Facebook, LinkedIn, etc). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk more about it.