



## **CENTER FOR MINDFUL PSYCHOTHERAPY, Inc.**

### **Consent for Treatment – Groups**

The Center for Mindful Psychotherapy (CMP) is a not for profit educational training agency. Therapy will be provided by supervised Marriage and Family Therapy Associates using an integrated body-mind modality of psychotherapy. Clients should know that Associate MFTs working at CMP are trained and experienced in the use of body sensing awareness and - at times - supportive touch. Such practices are supportive and non-invasive, and are done only with the client's permission and cooperation, and are done within legal and ethical guidelines.

#### **Confidentiality**

To maintain a safe space, all group members agree not to disclose any personal information shared by other members during sessions or discuss group content outside of the group.

Information disclosed during group therapy is considered strictly confidential and will not be released to any third party without your written authorization, except where required or permitted by law. Exceptions to confidentiality, include, but are not limited to, reporting child, elder and dependent adult abuse, when a patient makes a serious threat of violence towards a reasonably identifiable victim, or when a patient is dangerous to him/herself or the person or property of another.

#### **Therapy Hour**

Group length will be determined by your therapist prior to the beginning of the group.

#### **Fees / Insurance**

Fees are due at the beginning of each month, unless your therapist requires partial or full payment to complete registration. Fees are payable by cash, check or credit card (Visa, Mastercard, American Express, or Discover). Checks should be made payable to The Center for Mindful Psychotherapy or CMP. Returned checks will be charged a \$25 service fee. Please note that we are unable to resubmit bounced checks and may request cash or credit payment thereafter.

Additional services, such as requests for documentation or consultation with your other providers, will be charged on a prorated basis, based on your therapist's hourly fee.

CMP is not a contracted provider with any insurance company or managed care organization. Should you choose to use your insurance or get reimbursed by a flexible spending plan, your therapist will provide

you with a statement that will facilitate reimbursement by your insurance or employer.

### **Cancellation Policy**

It is important for the continuity of group that you come to all group sessions. If you are unable to attend a group session, please notify your therapist as soon as possible. Please note that no reimbursements will be issued for missed group sessions.

### **Termination of Group Therapy**

You have the right to terminate group therapy at your discretion. If you feel the group may no longer serve your needs, bring it up in group or discuss with your therapist as soon as possible. CMP has a 30-day cancellation policy, therefore if you cancel your group registration mid-month, you will not be reimbursed for the remaining sessions.

CMP encourages you to discuss your thoughts of termination as termination can be a very important part of therapy. In addition, your therapist reserves the right to terminate group therapy at his/her discretion and/or the discretion of his/her supervisor. Upon either party's decision to terminate therapy, your therapist will generally recommend that you participate in at least one, or possibly more, termination sessions. These sessions are intended to facilitate a positive experience to the end of your therapeutic work.

### **Email / Cell Phone Communication**

Please be aware that while all communication is held as confidential, email and cell phone communication can be more easily accessed by unauthorized sources. Email in particular can be vulnerable to unauthorized access by persons known or unknown to you. Please advise me if you would prefer in any way to limit the manner in which we communicate if you are in any way concerned about confidentiality of a specific form of communication.

### **Availability**

If you would like to speak with your therapist outside of your session for reasons concerning scheduling, fees, or urgent issues that have arisen after a session, please call your therapist and he/she will generally return your call within half a day. Please be clear in your message as to whether or not you want a return call and/or must speak with your therapist immediately. Any phone contact (including text messages) that extends beyond 5 minutes will be charged on a pro-rated basis, based on your hourly fee for sessions.

CMP encourages you to contact your therapist if you are in a serious emotional crisis, although CMP is not an immediate crisis intervention center. Should you be in need of emergency services, and your therapist is not available, please dial 911 or the following crisis services:

Suicide Prevention: 415-781-0500

SF General Psychological Emergency: 415-206-8111