



CENTER FOR MINDFUL PSYCHOTHERAPY, Inc.

Consent for Treatment - Adults

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

Information disclosed in 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

Unless you and your therapist agree otherwise, therapy sessions are 50 minutes.

Fees / Insurance

Fees are due each session, 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, and if possible, please have your check written out prior to coming to session. 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 hourly fee for sessions.

Fees may be adjusted and reviewed periodically.

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.

Cancellations

It is important for the continuity of therapy that you come to all sessions. Since your appointment time is reserved exclusively for you, CMP has a 48-hour cancellation policy. In other words, if you cancel within 48 hours of the appointment time you will be charged for the session.

Permission to Record

Since CMP is an educational agency, therapists may occasionally audio or video record your therapy sessions. These recordings will be used for the sole purpose of training in supervision and will be held in the limits of confidentiality as specified above and as required ethically and legally. The recordings will be deleted after supervision of the session is concluded. If you have any concerns about recording, please discuss them with your therapist.

Termination of Therapy

You have the right to terminate therapy at your discretion. CMP encourages you to discuss your thoughts of termination with your therapist as termination can be a very important part of therapy. In addition, your therapist reserves the right to terminate 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 your therapist if you would prefer in any way to limit the manner in which communication occurs or 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

Notice to Clients

The **Board of Behavioral Sciences** receives and responds to complaints regarding services provided within the scope of practice of (marriage and family therapists, licensed educational psychologists, clinical social workers, or professional clinical counselors). **You may contact the board online at www.bbs.ca.gov, or by calling (916) 574-7830.**