

629 State Street
Suite 213
Santa Barbara, CA 93101

LITSA BRADFORD, MA, LMFT

760-218-5905
litsa@litsabradford.com

INFORMED CONSENT / AGREEMENT FOR SERVICE

Introduction

This Agreement is intended to provide [name of patient] _____ (herein "Patient") with important information regarding the practices, policies and procedures of LITSA BRADFORD, LMFT (herein "Therapist"), and to clarify the terms of the professional therapeutic relationship between Therapist and Patient. Any questions or concerns regarding the contents of this Agreement should be discussed with Therapist prior to signing this document.

Risks and Benefits of Therapy

Psychotherapy is a process in which Therapist and Patient discuss a myriad of issues, events, experiences and memories for the purpose of creating positive change so Patient may experience his/her life more fully. Participating in therapy may result in many benefits to Patient, including, but not limited to, reduced stress and anxiety, a decrease in negative thoughts and self-sabotaging behaviors, improved interpersonal relationships, increased comfort in social, work, and family settings, increased capacity for intimacy, and increased self-confidence. Such benefits require substantial effort on the part of Patient, including an active participation in the therapeutic process, honesty, and a willingness to explore changing feelings, thoughts and behaviors. However, there is no guarantee that therapy will yield any or all the benefits listed above.

Participating in therapy may also involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. The process may evoke strong feelings of sadness, anger, fear, etc. There may be times in which Therapist will challenge Patient's perceptions and assumptions and offer different perspectives. During the therapeutic process, some patients find that they feel worse before they feel better. This is generally a normal course of events. Personal growth and change may be easy and swift at times, other times it may be slow and frustrating. Patient should address any concerns he/she has regarding his/her progress in therapy with Therapist.

Professional Consultation

Professional consultation is an important component of a healthy psychotherapy practice. As such, Therapist regularly participates in clinical, ethical, and legal consultation with appropriate professionals. During such consultations, Therapist will not reveal any personally identifying information regarding Patient.

Records and Record Keeping

Therapist may take notes during session and may also produce other notes and records regarding Patient's treatment. Such records are the sole property of Therapist. Should Patient request a copy of Therapist's records, such a request must be made in writing. Therapist reserves the right, under California law, to provide Patient 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.

Confidentiality

The information disclosed by Patient is generally confidential and will not be released to any third party without written authorization from Patient, 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.**

Confidentiality – Health Insurance

HIPAA Privacy Rules permits Therapist to use and disclose patient health information, without patient's written authorization, to the contracted health insurance carrier, for purposes of treatment, payment, and healthcare operations such as quality assessment, audits, credentialing, and insurance processing.

If you use your health insurance for psychotherapy, please be aware of the following:

1. For Therapist to bill your insurance, Therapist must assign to Patient a diagnosis from the Diagnostic and Statistical Manual of Mental Disorders (DSM current volume) that the insurance company deems to meet their definition of "medical necessity."
2. Insurance companies regularly audit psychotherapy notes to ensure that each session meets their requirements for medical necessity. Therapist must comply with audit requests to remain in compliance with

