



CLIENT AGREEMENT

The purpose of this document is to introduce you to the services, policies, agreements and limitations of IPNB Psychotherapy of Austin.

Services Offered:

- We offer individual, couples, family and group psychotherapy. We offer a variety of services to anyone over the age of 10 yrs. Anyone under the age of 18 must have a parent or guardian sign all needed forms.
- All services provided at IPNB Psychotherapy of Austin are provided by Licensed Professional Counseling Interns and Licensed Marriage and Family Therapist Associates who are under the supervision of Juliane Taylor Shore, LPC S, LMFT S, SEP.
- Therapy can be a commitment of a few weeks or months or can last a year or more. The time frame of therapy is influenced by the number and depth of the issue(s) that you would like to address, as well as, how you and your counselor work together.
- Our goal is to collaborate with you so that we can assist you in resolving your concerns as efficiently and as thoroughly as possible.
- You are in charge of your therapy. We will do our best to work in a way that fits best with your goals and comfort level. Sometimes our therapists may wonder if something from your past is influencing your current difficulties or he or she may ask you more about what you are experiencing in your body, emotionally and in your thoughts. Feel free to let your therapist know if some line of questioning bothers you so that he or she may discuss that with you.
- Some of our therapists use EMDR, IFS, ETT and Somatic Experiencing when working with those who have come for help with a trauma or with couples when we discover that a trauma may be inhibiting the couple relationship. If your therapist thinks that these techniques are appropriate or if you have come to IPNB Psychotherapy of Austin to do this work specifically, your therapist will discuss the theory and techniques with you prior to working these ways.
- The relationship that our therapists try to develop with clients is a container through which growth, healing and change can take place. As such, it is often one in which close emotional bonds develop. It is also a professional relationship in which appropriate emotional boundaries must be maintained. For the most part, the therapeutic relationship begins and ends in the therapy office. Although it is sometimes difficult to understand, it is necessary to maintain the therapeutic environment.
- Austin is a small community, so it is likely that you may see your therapist outside of the office or know people in common. Please feel free to discuss with your therapist any concerns you have about such an event.

Confidentiality:

- Texas state law and the ethics of our profession requires that anything you say in the context of the therapeutic relationship remain confidential.
- The Privacy Notice explains the times and situations which the law requires us to break some portion of our confidentiality.
- All of our therapists participate in professional consultation and supervision groups, as required by the LPC and LMFT licensing boards. Our therapists protect their clients confidentiality in such groups by concealing their identity. For example, we do not use names, professions or other identifying information.
- We require written authorization from you, outside of the times required by law or through supervision or consultation, to discuss with anyone or disclose in any way your personal information. This includes speaking with other doctors, such as a psychiatrist, your family members, lawyers or insurance professionals.

Risks of Therapy:

- Most risks, when experienced, are direct consequences of positive therapeutic movement.
- Clients sometimes experience a deterioration in emotional and psychological stability. This often occurs at the beginning of therapy, but may occur at any point, often brought on by an awareness of previously unconscious, emotionally laden material.
- Relationships are often affected as a result of therapy. Significant relationships will often experience varying degrees of tension. This is most prevalent in family relationships, but may extend beyond into one's social and professional life.
- When people engage in somatic healing from trauma they sometimes experience somatic symptoms such as feeling "fuzzy" mentally or feeling vibrations or slight trembling in their body. This usually occurs during the session or immediately afterwards and should end shortly.

Appointments & Cancellations:

- Research shows that people have the greatest therapeutic gains by coming to therapy weekly. However, for fiscal reasons or time constraints some people prefer to work every other week. We are comfortable with both formats. It is also not unusual for people to move to monthly or per-required-need sessions toward the end of their therapy.
- Appointments are usually 50 minutes in length, though some couples prefer to work in an hour and a half or two hour format. All appointments end ten minutes prior to the end of the hour. (For example, if your appointment time is 10-11 am it will end at 10:50 am. If your appointment 80 minutes in length and is scheduled from 10-11:30 am, your appointment will end at 11:20 am.)

- Appointments can be scheduled via phone, email or in person. Some clients prefer a regular weekly appointment. Others prefer to be able to shift their appointment time from week to week. Both options are available. Speak to your therapist about what might fit best for your needs.
- If you are working with EMDR, ETT or Somatic Experiencing for trauma, appointments might run over slightly due to the body's pace in processing. It is a good idea not to schedule anything right after this type of therapy.
- If your therapist begins your session after the scheduled beginning time, due to running behind schedule, he or she will complete your full 50 minute session.
- IPNB Psychotherapy of Austin requires 24 hour notice to cancel an appointment without incurring a charge.
- We know that emergencies sometimes come up and missing therapy cannot be avoided. Therefore, we allow one emergency no charge cancellation with less than 24 hours notice. When you choose to use this no-charge absence is up to you. If you cancel a session late or do not show up for a session your therapist will ask you if you would like to use your no-charge cancellation now or if you would rather pay for the missed session.
- Our therapists charge your hourly rate, prorated, for any phone call between appointments that lasts longer than 15 minutes.

Fees & Payments:

- IPNB therapists operate on a sliding scale between \$70.00 and \$130.00 per session. Our therapists set their rate within that range. The rate you and your therapist have agreed to is _____ per 50 minute session.
- You may pay by cash, credit card or check. Please make checks payable to IPNB Psychotherapy of Austin.

If you are coming for couples or family therapy please have all adults sign this client agreement.

I have read, understood and agree to abide by this agreement.

Signature: _____

Date: _____

Printed Name: _____

Signature: _____

Date: _____

Printed Name: _____