

Office Policies & General Information

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Confidentiality: All information disclosed within the sessions and written records pertaining to those sessions are confidential and may not be revealed to anyone without written permission, except where disclosure is required by law. Disclosure may be required in the following circumstances: where there is reasonable suspicion of child or elder abuse or neglect, where client presents a danger to him/her or to others, or is gravely disabled.

In couples and family therapy, or when different family members are seen individually, confidentiality and privilege do not apply between the couple or among family members. Brian will use his clinical judgment when revealing such information (no secrets policy).

Disclosure of confidential information may be required by your health insurance carrier HIPAA Privacy Rule applies (or HMO/PPO/MCO/EAP) in order to process your claims. Only the minimum necessary information will be communicated to the carrier. Brian has no control or knowledge over what insurance companies do with the information he submits.

Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential nature, it is agreed that should there be legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits, etc.), neither you (client/s) nor your attorney/s, nor anyone else acting on behalf will call Brian to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested, unless court ordered and then Brian is obligated to speak truthfully in his address to the court, and his fee for testifying in court is \$600.00 per hour.

Telephone & Emergency Procedures: If you need to contact Brian between sessions, please phone (415) 279-4042. If the call is an emergency, leave a message and then call **Mental Health Service**, (415) 499-1100 or (209)-533-7000 or the Police (911).

Payments & Insurance Reimbursement: Clients are expected to pay the standard fee of \$150.00 for a 60 minute session at the end of each session, unless other arrangements have been made. Telephone conversations, text messages, video sessions, site visits, report writing and reading (psychological testing), consultation with other professionals will be charged at the same rate. Please notify Brian if any problems arise during the course of therapy regarding your ability to make timely payments. Clients who carry insurance should remember that professional services are rendered and charged to the client and not the insurance company. If requested, Brian will provide you with a copy of a receipt which you will submit to your insurance company for reimbursement.

*Licensed Professional Clinical Counselor (806)
Licensed Marriage Family Therapist (40118)
Certified Clinical Mental Health Counselor (57654)
Certified PTSD Clinician (15879)
National Board Certified Counselor (57654)*

The Process of Therapy & the Role of the Client & Therapist:

Participating in therapy can result in a number of benefits to you, including improving interpersonal relationships, and resolution of specific concerns that led you to seek counseling and therapy. **Working towards these benefits, however, requires a full commitment and effort on the client's part. Unlike the medical model where the doctor provides a treatment for symptom relief, therapy is a serious investment in and commitment to one's self, which both client and doctor work together on a weekly basis. It requires your very active involvement, honesty, commitment, and openness in order to change your thoughts, feelings, behaviors, patterns and the quality of your life. It involves the willingness and commitment to honestly look at one's self. Brian is completely committed to working with you to attain your goal.**

During the course of therapy, Brian is likely to draw on various psychological approaches accordingly, in part; to the concern that is being treated and his assessment of what will best benefit you. These approaches include cognitive-behavioral, psychodynamic, psycho-educational, humanistic, existential, developmental, family systems, hypnosis, and guided imagery, expressive arts, somatic, transpersonal, and multicultural therapies, and he doesn't give advice, make life decisions or write letters of recommendation. If you have any unanswered questions about any of the procedures used in the course of therapy, their risks or about the treatment plan, please ask, and you will be answered fully.

Brian consults regularly with other professionals regarding his clients; however, client's names or any identifying information are never mentioned. Client's identities remain completely anonymous and confidentiality is fully maintained.

Therapy never includes business projects or sex between client and therapist.

You have the right to terminate therapy at any time. If you choose to do so, Brian will offer to provide you with the names of others qualified professionals whose services you might prefer.

Cancellation: Since the scheduling of an appointment involves the reservation of time, **a minimum of 24 hours notice is required** for rescheduling or canceling an appointment. Unless a different agreement is reached, the full fee will be charged for sessions missed without a 24 hour notification.

Likewise, if Brian misses a session, the next session is free of charge.

Once signed, this document supersedes all prior office policy forms.

I have read, understand and agree to comply with the above policies:

Client Name (print)

Date

Signature

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