

CONSENT TO PSYCHOLOGICAL TREATMENT/EVALUATION

Please read this document carefully as it contains important information about Dr. Labat's professional services and office policies. Issues of further concern should be discussed with Dr. Labat.

OFFICE POLICIES:

Parking: Parking is usually available across the street from the office building and next to the Chase Bank Parking Lot; when full, street parking is available.

Waiting Room: Please make the receptionist aware of your arrival. Childcare is not provided and young children must be supervised in the waiting room.

Appointment Scheduling/Cancellations: Appointments are scheduled with office staff and can be changed at no charge if notified at least 24 hours in advance. If your appointment is cancelled within less than 24 hours, or you miss a scheduled appointment, you will be charged full fee. The standard appointment lasts 45 minutes.

Messages: Please leave Dr. Labat a voice message at the office between 8:30am and 5pm at (504) 581-3933 and provide your telephone number with any requests for a return call.

Emergencies: In an emergency situation, defined as a crisis or a dangerous situation for which you want assistance, call the office, (504) 581-3933, during the work day or follow the directions of the evening/weekend recorded message for how to reach the answering service, who will then contact Dr. Labat on your behalf.

Disasters: If you need to reach the office during a community-wide disaster and our phones are not working, please visit our website and follow the directions posted at www.pelts-kirkhart.com or www.orleanspsychology.com. Please understand that backup may not be available at these times. You will need to find assistance in a nearby emergency room or facility, as necessary.

Back-up Coverage: When Dr. Labat is out of the office, the answering service and/or office staff will provide the name of the back-up clinician and how that clinician can be reached.

Payments & Insurance: The client agrees to take personal responsibility for payment of all services (including no-shows and late cancellations as noted above). Payments are due at the time of service. Dr. Labat is considered an out-of-network provider. If you use insurance benefits, the office will file as a courtesy to you. The client is responsible for all charges not paid by the insurance provider. Please note that insurance benefits are usually limited and may require preapproval. Call your insurer directly to discuss your benefits and document these discussions for any follow-up you may require. If you require

Dr. Labat to personally interface with the insurance provider, there will be a fee for phone calls/paperwork.

Standard Fees: The current rate for an initial evaluation is \$175 per face-to-face session. The rate for individual therapy is \$145 for a 45-minute session. \$360 is charged for written evaluation report. Services provided out of the office involve separate fees, such as the following: School visits at \$200 per session. Legal consultations (including travel time, waiting time, testimony, report writing, telephone consultations with approved legal representative) are billed at higher rates. You can request a fee schedule at any time.

CONFIDENTIALITY:

In addition to the information contained in the Pelts, Kirkhart & Associates HIPAA and HITECH Notification, it is important to consider Dr. Labat's record-keeping procedures. This office maintains general information, business records, and psychotherapy notes congruent with state and federal law. Potential limits to confidentiality may include the following:

- Involvement in litigation
- Assessment of dangerousness to yourself or others
- Suspected abuse/neglect of persons in your care

Records are maintained for a period limited to that required by law. Record sharing requires your signed consent for release of information. In family/couples treatment, request for release of information requires authorization by all adults. A minor child/adolescent may be the identified client and all collateral information is part of that record. Individuals providing such collateral information do not necessarily have the right to the client record.

PROCESS OF PSYCHOTHERAPY/EVALUATION:

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and client, and the particular problems brought forward. People seek psychotherapy to alleviate problems in life and when experiencing emotional pain. Therapy involves an honest appraisal of one's problems, as well as psychological strengths/assets in order to encourage the change process. Our first few sessions will involve an evaluation of your needs. By the end of the evaluation, you will receive some initial impressions of what therapy may entail should you continue. Following a determination of mutually-agreed upon goals, clients usually attend therapy weekly to address immediate crisis-oriented needs and then to focus on longer-term, growth-related goals. Goals provide a blueprint for treatment and are regularly revisited during treatment. Additional therapeutic resources including medication or other therapies may be recommended.

Psychotherapy can have both benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who participate in it. Therapy often leads to improved relationships with others, solutions to specific problems, and significant reductions in feelings of distress.

Some people experience immediate and noticeable relief once they begin therapy. Some find that certain concerns worsen for a time since addressing problems can require confrontation of difficult issues or feelings. Others steadily improve. Relationships with other people usually change, too, once a person behaves differently. A few people do not show noticeable improvement, however, and some can show

decreased functioning. Outcomes are affected by type of problems, techniques and skills of the therapist as well as motivation and work the client dedicates to his/her therapy process.

When the client is under 18 years of age, it is essential for parent/guardian to be involved initially in treatment, to be kept apprised of progress, or engaged in family sessions. However, privacy and confidentiality practices regarding the youth's treatment are also essential and will be discussed with everyone involved.

Therapy is completed when the client and therapist agree that goals have been met. It is important to bring to the therapist's attention issues, which may impede a successful course of therapy, as well as when you believe you may be nearing completion.

EVALUATION PROCESSES:

As may be agreed upon, specific areas of functioning for psychological assessment/screening can include the following:

- Intelligence/Cognitive Functioning
- Achievement
- Personality/Emotion
- Psychological/Psychiatric Symptoms
- Behavior
- Beliefs & Thought Processes
- Other: _____

I look forward to answer any questions you may have about policies, therapy process, assessment/evaluation, or confidentiality.

Therapist Signature

Date

I do hereby authorize Dana B. Labat, Ph.D., Louisiana License #1249, to provide psychological services as deemed professionally necessary and appropriate. I have read the information provided and understand and agree to abide by all policies and procedures.

Client Printed Name/Signature

Date

Client Printed Name/Signature

Date

Responsible Party (if client is minor)