

Private Practice Policy for Psychotherapy

Welcome

The Private Practice Policy for Psychotherapy contains important information about my professional services and business policies and answers the questions patients often ask about therapy.

What can you expect from therapy?

Therapy assists in resolving personal difficulties and enables people to acquire skills, attitudes, and knowledge necessary to live a more positive and productive life. Many people enter therapy hoping to get quick relief from the distress they are experiencing, and they want to see immediate results. It is important for us to talk about your needs, expectations, and therapeutic goals at the onset of therapy as well as to assess these regularly. Like every relationship, it is essential to establish trust and to build rapport with your therapist. It is not uncommon for people to resist change and, because of this, your symptoms may feel worse before they feel better. Because therapy can be hard work people are often tempted to quit prematurely. If this is something you are struggling with, please bring it to my attention so we can work through it. Treatment length varies, and it often depends on the severity of difficulties that you present. If at any point you are dissatisfied with the services you are receiving, please discuss this with me, so we can find a viable solution.

What can you expect from the initial visit and assessment?

This meeting should help clarify and identify your treatment options. This is an essential time period for you to ensure that I am a good fit for your personal needs. If we decide to work together, we will typically schedule one 50-minute session per week until you have reached your treatment goals.

How much do services cost?

The fee for services is \$200.00 for the standard 50-minute individual psychotherapy session. If other professional services are requested such as report writing, telephone consultations longer than 10 minutes, or preparation of treatment records, my hourly fee is \$200, which would be prorated if necessary. You are responsible for paying at the time of your session. Payment can be made by check, cash, Venmo, PayPal or credit card. Returned checks are subject to an additional charge equal to the bank fee that I incur. If you refuse to pay your debt, I reserve the right to use a collection agency to secure payment.

What about insurance?

I am in network with CareFirst BlueCross BlueShield and Anthem. Apart from them I do not work directly with any coverage providers. If you choose, you may seek reimbursement from your insurance company or other coverage provider. I can provide you with a detailed receipt; it will be provided directly to you, with or without a diagnosis, as you request. It is important to note that insurance will not cover you for missed sessions.

What if you need to cancel or reschedule a session?

Any cancellations of appointments must be made at least 48 business hours in advance of the scheduled session. If you do not call to cancel and/or fail to show, you will be charged the full fee (\$200) for that appointment.

Please note that I reserve a weekly agreed upon time spot specifically for you. If you must cancel your appointment time for more than two weeks consecutively, I will no longer guarantee that time slot for you. If you know in advance that you will need to miss several consecutive appointments, please notify me as early as possible.

In the case of inclement weather, please contact me as early as possible to let me know whether or not you will be able to make your scheduled session.

In the case of therapist emergency which results in the cancellation of your scheduled session, I will do my best to reschedule your appointment for an alternate time in the same week. However, if this is not possible, we will resume sessions at the regularly scheduled time.

What if you need to contact me before your scheduled appointment?

I will do my best to return your phone call within 24 business hours. Email should be used only for administrative purposes, such as scheduling or canceling an appointment.

What if you are suffering from a psychological emergency?

If you are in an emergency situation, call 911 or proceed to your nearest emergency room for immediate care.

Notice of Privacy Practices (HIPPA):

Signing this document means you are aware an electronic copy of the NPP may be viewed on the website, kirstengamst.com, which details how medical records may be used and disclosed.

I certify by my signature below that I have read, fully understand, and agree to abide by the terms of the Private Practice Policy for Psychotherapy.

Signature of Patient

Date