

Therapy Agreement

First, congratulations for taking this step toward self-care. In order for this process to be helpful and safe for you, I have compiled a list of expectations so you can make an informed decision if you want to work with me.

Responsibilities of the therapist:

1. To do everything I can to find a spot for you in my schedule that is consistent.
2. To show up for appointments on time and be clear about ending on time.
3. To be clear about my fee and give a reasonable warning if I am raising my fee. My current fee is \$150.00 per 55 minute session.
4. To keep all information confidential. (There are times confidentiality would be broken and I will speak to you regarding those times in our first session.)
5. To be 100% present to you.
6. To interact in a respectful, non-shaming manner, modeling healthy differentiation.
7. To respond to your upsets about my behavior by mirroring, validating, and being empathic and taking responsibility for my impact.
8. To explain concepts clearly and to have a good balance between process and educating.
9. To recognize you have all you need to move into health and wholeness and my job is to guide you toward that truth.
10. To give clear homework assignments and support your attempt to carry them through.
11. To remember what happens in sessions so things can have continuity.

Responsibilities of the client:

1. To keep appointments by showing up on time.
2. To pay the fee at the end of each session. (We will bill primary insurance carriers as a service to you. You are responsible for all applicable co-payments and all outstanding balances not covered by your insurance.)
3. To give 48 hours notice if you are unable to keep an appointment. If it is less than 24 hours you will be charged a \$50 fee. (Of course I am not unreasonable. If there is a family emergency or a serious illness, I will certainly make an exception.)
4. To be honest about your feelings and thoughts as you know them.
5. To be curious and open.
6. To be respectful.
7. To be willing to take responsibility for yourself.
8. To express upset and complaints to the therapist if any should arise.
9. To listen to the therapist's feedback and take manageable steps to stretch yourself in respect to your healing and growth.
10. To set intentions for yourself each session and present issues of importance at the beginning of each sessions to allow adequate time to explore and address.
11. To be your own advocate.

I have read and understand the above agreement

Client's signature and Date