

INFORMED CONSENT

For the Practice of Dr. Amy Lynn Fehlberg, PLLC

Client Last Name: _____ First: _____ Birthdate: _____

Welcome to our practice. This document contains important information about our professional services and business policies. Please read it carefully and talk with your therapist about any questions you might have. When you sign this document, it will represent an agreement between us. If you want a copy for your records, we will make one for you.

I. Psychological Services

Therapy:

Therapy is not easily described in general statements. It varies depending on the personalities of the psychologist/therapist and patient, and the particular problems you bring forward. There are many different methods I may use to deal with the problems that you hope to address. Therapy requires a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we talk about both during our sessions and between our sessions.

Therapy can have 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, therapy has also been shown to have benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience.

Our first few sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and will make recommendations for you to follow, if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with me. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

Sessions:

I will usually schedule one session per week at a time we agree on. Once a session is scheduled, you will be expected to pay for it unless you provide at least **24** hours advance notice of cancellation, or we both agree that you were unable to attend due to circumstances beyond your control. **Cancellations can only be made by a phone call (or voice message) to your therapist.** If a home visit is part of an initial evaluation or is warranted at some point during the course of treatment, my travel time to and from your home will be counted as part of the session and you will be responsible for payment of that time. If you are using insurance to pay for your treatment, please be aware that insurance companies will likely not cover the cost of a missed session; you are solely responsible for the **full amount** of your fee, not just the amount covered by insurance, if you miss a session.

Illness:

I respectfully request that you do not come to sessions if you are not feeling well. Additionally, if your child is my client please do not bring him/her to sessions if s/he is not feeling well.

Insurance Reimbursement:

You should carefully read the section in your insurance coverage booklet that describes mental health services. If you have questions about the coverage, call your plan administrator. It is sometimes difficult to determine exactly how much mental health coverage is available. "Managed Health Care" plans such as HMOs and PPOs often require authorization before they provide reimbursement for mental health services. These plans are often limited to short-term treatment approaches designed to work out specific problems that interfere with a person's usual level of functioning. It may be necessary to seek approval for more therapy after a certain number of sessions.

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While a great deal can be accomplished in short-term therapy, some patients feel that they need more services after insurance benefits end. Some managed-care plans will not allow me to provide services to you once your benefits end. If this is the case, I will do my best to find another provider who will help you continue your psychotherapy.

You should also be aware that most insurance companies require you to authorize me to provide them with a clinical diagnosis. Sometimes I must provide additional clinical information such as treatment plans, summaries, or copies of the entire record. This information will become part of the insurance company's files and will probably be stored in a computer. Though insurance companies claim to keep such information confidential, I have no control over what they do with it once they obtain it. In some cases, they may share the information with a national medical information databank. I will provide you with a copy of any report I submit, upon your request.

Once we have all of the information about your insurance coverage, we will discuss what we can expect to accomplish with the benefits that are available and what will happen if they run out before you feel ready to end our sessions. It is important to remember that you always have the right to pay for my services yourself to avoid the problems described above, unless such payment is prohibited by contract.

II. Privacy

Professional Records:

The laws and standards of my profession require that I keep treatment records. You are entitled to receive a copy of your records, or I can prepare a summary for you instead. Because these are professional records, they can be misinterpreted and/or upsetting to untrained readers. If you wish to see your records, I recommend that you review them in my presence so that we can discuss the contents. Patients will be charged an appropriate fee for any professional time spent in responding to information requests.

Minors:

If you are under eighteen years of age, please be aware that the law may provide your parents the right to examine your treatment records. It is my policy to request an agreement from parents that they agree to give up access to your records. If they agree, I will provide them only with general information about our work together, unless I feel there is a high risk that you will seriously harm yourself or someone else. In this case, I will notify them of my concern. Before giving them any information, I will discuss the matter with you, if possible, and do my best to handle any objections you may have with what I am prepared to discuss.

Confidentiality:

In general, the privacy of all communications between a patient and a psychologist/therapist is protected by law, and I can only release information about our work to others with your written permission. But there are a few exceptions.

In most legal proceedings, you have the right to prevent me from providing any information about your treatment. In some proceedings involving child custody and those in which your emotional condition is an important issue, a judge may order my testimony if he/she determines that the issues demand it.

There are some situations in which I am legally obligated to take action to protect others from harm, even if I have to reveal some information about a patient's treatment. For example, if I believe that a person is being abused, I am required to file a report with the appropriate state agency.

If I believe that a patient is threatening serious bodily harm to another, I will take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the patient. If the patient threatens to harm himself/herself, I may be obligated to seek hospitalization for him/her or to contact family members or others who can help provide protection.

I may occasionally find it helpful to consult other professionals about a case. During a consultation, I make every effort to avoid revealing the identity of my patient. The consultant is also legally bound to keep the information confidential.

While this written summary of exceptions to confidentiality should prove helpful in informing you about potential problems, it is important that we discuss any questions or concerns that you may have at our next meeting. I will

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be happy to discuss these issues with you if you need specific advice, but formal legal advice may be needed because the laws governing confidentiality are quite complex, and I am not an attorney.

Further information about confidentiality and exceptions to confidentiality can be found in the HIPAA form that was provided to you. If you are a client residing in Colorado, additional information specific to Colorado can be found in section 12-43-218 of the Colorado Revised Statutes

III. Communication

Contacting Me:

I am often not immediately available by telephone. While I am usually in my office during the day, I probably will not answer the phone when I am with a patient. When I am unavailable, my telephone is answered by voice mail that I monitor frequently. I will not return your call if you do not leave a message requesting a return call. I will make every effort to return your call the same day, with the exception of weekends and holidays. If you are difficult to reach, please inform me of some times when you will be available. If you cannot reach me and need to talk with someone, there is a local crisis hotline which you can call at 801-587-3000. In emergencies, you can go to your local emergency room and ask for the mental health provider on call. If I will be unavailable for an extended time, I will provide you with the name of a colleague or agency to contact, if necessary.

Email:

I prefer using email only to arrange or modify appointments. Please be aware that if you email me content related to your therapy sessions, email is not completely secure or confidential. If you choose to communicate with me by email, be aware that all emails are retained in the logs of your and my Internet service providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator(s) of the Internet service provider.

You should also know that any emails I receive from you and any responses that I send to you become a part of your legal record.

IV. Social Media

The following information documents my policies related to use of Social Media. Please read it to understand how I conduct myself on the Internet as a mental health professional and how you can expect me to respond to various interactions that may occur between us on the Internet.

If you have any questions, I encourage you to bring them up when we meet. As new technology develops and the Internet changes, there may be times when I need to update this policy. If I do so, I will notify you in writing of any policy changes and make sure you have a copy of the updated policy.

Friending:

I do not accept friend or contact requests from current or former clients on any social networking sites (Facebook, LinkedIn, etc.). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk more about it.

Use of Search Engines:

It is not a regular part of my practice to search for clients on Google, Yahoo, or other search engines. Extremely rare exceptions may be made during times of crisis. If I have a reason to suspect that you are in danger and you have not been in touch with me via our usual means (coming to appointments, phone, or email) there might be an instance in which using a search engine (to find you, find someone close to you, or to check on your recent status updates) becomes necessary as part of ensuring your welfare. These are unusual situations and if I ever resort to such means, I will fully document it and discuss it with you when we next meet.

Business Review Sites:

You may find my psychology practice on sites such as Psychology Today or other places which list businesses. Some of these sites include forums in which users rate their providers and add reviews. Many of these sites comb search engines for business listings and automatically add listings regardless of whether the business has added

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itself to the site. If you should find my listing on any of these sites, please know that my listing is NOT a request for a testimonial, rating, or endorsement from you as my client.

The American Psychological Association's Ethics Code states under Principle 5.05 that it is unethical for psychologist/therapists to solicit testimonials: "Psychologists [and therapists] do not solicit testimonials from current therapy clients/patients or other persons who because of their particular circumstances are vulnerable to undue influence."

Of course, you have a right to express yourself on any site you wish. But due to confidentiality, I cannot respond to any review on any of these sites whether it is positive or negative. I urge you to take your own privacy as seriously as I take my commitment of confidentiality to you. You should also be aware that if you are using these sites to communicate indirectly with me about your feelings about our work, there is a good possibility that I may never see it.

If we are working together, I hope that you will bring your feelings and reactions to our work directly into the therapy process. This can be an important part of therapy, even if you decide we are not a good fit. None of this is meant to keep you from sharing that you are in therapy with me wherever and with whomever you like. Confidentiality means that I cannot tell people that you are my client and my Ethics Code prohibits me from requesting testimonials. But you are more than welcome to tell anyone you wish that I'm your therapist or how you feel about the treatment I provided to you, in any forum of your choosing.

If you do choose to write something on a business review site, I hope you will keep in mind that you may be sharing personally revealing information in a public forum. I urge you to create a pseudonym that is not linked to your regular email address or friend networks for your own privacy and protection.

Location Based Services:

If you use location-based services on your mobile phone or device, you may wish to be aware of the privacy issues related to using these services. I do not place my practice as a check-in location on various sites such as Foursquare etc. However, if you have GPS tracking enabled on your device, it is possible that others may surmise that you are a therapy client due to regular check-ins at my office. Please be aware of this risk if you are intentionally "checking in," from my office or if you have a passive location based service application enabled on your phone or mobile device.

V. Additional Information

Utah Division of Occupational and Professional Licensing:

The Utah Division of Occupational and Professional Licensing (DOPL) regulates the practice of licensed and unlicensed persons in the field of psychology. Concerns or complaints regarding the practice of psychology may be directed to DOPL. Their contact information is provided below:

Utah Division of Occupational and Professional Licensing
PO Box 146741
Salt Lake City, UT 84114-6741
801-530-6628

Colorado Division of Professions and Occupations:

The practice of licensed or registered providers in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. The Board of Psychology Examiners can be reached at:

1560 Broadway, Suite 1350
Denver, Colorado 80101
303-894-7800

Please note that in a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant, or certificate holder.

Relationship to Other Mental Health Professionals:

Please be aware that other professionals share or rent space under the business name “Shoreline Psychology” in the building suite where the office of Dr. Amy Lynn Fehlberg, PLLC is located. You should be aware that the practitioners using the business name “Shoreline Psychology” coordinate marketing efforts and engage in routine peer consultation. Other professionals do not have access to your identifying information or the reasons for which you seek therapy.

VI. Consent for Treatment

I voluntarily consent to mental health and/or consultative services with Dr. Amy Lynn Fehlberg, PLLC.

Your signature below indicates that you have read and understand the information in this document and agree to abide by its terms during our professional relationship. The information has also been presented verbally. If desired, a copy of this document will be provided to you for your records.

Client Printed Name

Client Signature Date

Parent/Guardian Printed Name (if client is a minor)

Parent/Guardian Signature Date

Therapist Printed Name

Therapist Signature Date