

Linda Hudnall, LCSW

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DISCLOSURE & PRACTICE POLICIES STATEMENT

Benefits and Emotional Risks: Psychotherapy is not easily described. It varies depending on the purposes and personalities of the client and therapist. Many different methods may be used to deal with the problems and these will be discussed in the treatment plan. Psychotherapy can have benefits and risks. Therapy often involves discussing difficult topics, and you may temporarily experience more emotional pain. However, research shows that psychotherapy has many benefits, often leading to better relationships, solutions to specific problems, and significant reductions in feelings of distress. There are no guarantees of what you will experience. In our first sessions, we will look at the reasons for which you sought treatment, potential means of addressing them, and if we decide to work together, we will develop an initial treatment plan. You have the right to participate in your treatment plan and review or revise it at any time. You also have the right to refuse any recommended treatment or to withdraw informed consent for treatment at any time. You can do so by simply informing me.

Payment and Fees: Payment is remitted by the end of each session. I do accept check, cash or other forms such as Visa, MasterCard, Discover & American Express.

Missed or Forgotten Appointments: If you are unable to keep the appointment, kindly give 24 hours, in order to avoid charges.

Confidentiality: The law protects the privacy of all communication between a client and a psychotherapist. In most situations information about your treatment can only be released if you sign a written authorization form that meets certain legal requirements imposed by HIPPA. There are other situations that require only that you provide written, advance consent. Your signature on this Agreement provides consent for the following:

- In order to provide you with quality treatment, your case may be discussed with other health or mental health professionals. During consultation, every effort will be made to avoid revealing the identity of the client. The other professionals are also legally bound to keep the information confidential. All consultations will be noted in your clinical file.
- You should know, however there are exceptions to confidentiality which can be found stated at the Board of Behavioral Health website: information@azbbhe.us

Legal Matters: My capacity is solely as a psychotherapist. While I am trained to provide assessment, I do not act in the capacity of expert witness. The documentation I maintain is required by the licensing board of the Arizona Board of Behavioral Health. Due to the sensitive nature of the therapeutic process and the fact that it often involves disclosing matters confidential in nature, it is agreed that should there be any legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits etc.) neither you (client) nor your attorney, nor anyone else acting on your behalf will call me to testify in court or at any other proceeding nor will a disclosure of the psychotherapy records be requested.

Modes of Communication: My emails and text messaging are not encrypted. Therefore, I cannot guarantee confidentiality of email or text messaging communication. If you choose to communicate confidential information with me via email or text message, you are stating you have made an informed decision and I will view it as your agreement to take the risk that email or text messaging may be intercepted. Please be aware that email or text messaging is never an appropriate vehicle for emergency communication.

Couples Only: When we begin working together in couples counseling if you need to cancel, reschedule an appointment or you are requesting something for next session, please include you, your partner and myself on the same communication thread whether it is email or text.

Accessibility: I am in the office Monday through Thursday and I make every attempt to return your call on the same business day. However there will be times I am not available such as personal vacations and holidays. Unless other arrangements have been made, I do charge for conversations lasting longer than 10 minutes. I do not provide 24-hour assistance. ***If you need emergency assistance please call Empact Crisis Line at 480-784-1500 or call 911, or go to your nearest emergency room.***

I authorize and consent to treatment with Linda Hudnall, LCSW. I have read this consent form and agree to all that it entails.

Print Client Name

Client Signature

Date