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OFFICE POLICIES

The Therapy Process

Participating in therapy can result in a number of benefits to you, including a better understanding of your personal goals and values, improved interpersonal relationships, and resolution of the specific concerns that led you to seek therapy. Working toward these benefits, however, requires effort on your part, and may result in you experiencing considerable discomfort. Remembering and resolving significant life events in therapy can bring on strong feelings of anger, depression, fear and vulnerability. I use several therapeutic techniques including Sandplay, EMDR, Art therapy, dreamwork and communication enhancement. My theoretical perspective is a combination of Jungian, Humanistic and Cognitive-Behavioral approaches.

Limitations of Therapy

I am not a physician and cannot prescribe medication. Furthermore, I cannot guarantee that your goals in therapy will be met. Seeking to resolve mental health or relationship issues can lead to discomfort, as well as mental health and relationship changes that are not expected. Although I support your emotional stability totally, I am available for emergencies on a limited basis. If necessary, you may leave me a phone message and I will return your call when I am able.

Payment for Service

Please pay for services at the time they are rendered unless other arrangements have been made. You can pay by credit card, venmo, check or cash.

Insurance Reimbursement

Your insurance may cover psychotherapy, however, it is your responsibility contact your insurance company to receive reimbursement. I can provide an invoice for sessions, if needed. I am not on any insurance panels, and do not bill insurance companies directly.

Cancellation Policy

Since an appointment reserves time specifically for you, a minimum of 24-hour notice is required for rescheduling or canceling an appointment. The full fee is charged for missed sessions. If you have an emergency and are unable to keep your appointment, you will be charged half the cost of the session. Most insurance companies do not reimburse for missed sessions.

Telephone time

You are expected to pay for phone conversations that are longer than 10 minutes.

Therapy Hour

Therapy sessions are 50 minutes, unless we have made a different arrangement.

Confidentiality

By law, I can only release information about you with your written permission. However, there are a number of exceptions to this. I am legally required to take action to protect others from harm. If I believe a child, an elderly person, or a disabled person is being abused, I must file a report with the appropriate state agency. If I believe that you are threatening serious bodily harm to another, I am required to take protective actions, which may include notifying the potential victim, notifying the police, and seeking appropriate hospitalization. If you threaten to harm yourself, I may be required to seek hospitalization for you or to contact family members who can help provide protection.

Emergency Procedures

An emergency is an unexpected event that requires immediate attention and can be a threat to your health. If you are trying to reach me during an emergency, please state this when you leave your message and I will return your call as soon as possible. If I do not get back to you immediately, and the emergency requires it, call 911, your physician, or the San Diego crisis line for immediate attention. Generally I am not available for emergency sessions.
