

OVID STREET COMMONS
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TREATMENT AGREEMENT

Welcome to my practice. I want to take this opportunity to introduce myself and give you the information you will need during our work together. I am a NYS Licensed Clinical Social Worker. I primarily work with adults and older adolescents dealing with various life challenges or mental health issues. I also enjoy working with couples.

I have an eclectic approach to treatment, however, I most often use cognitive and/or schema-focused techniques. Cognitive techniques focus on identifying your specific thoughts, behaviors, and emotions and how they affect each other and contribute to your symptoms. The schema-focused approach is an elaboration of cognitive therapy and integrates an understanding of your history to help change unhelpful long-term patterns.

Most often, the work you do between sessions is the most important contributor to your progress. To assist in this, I may ask that you purchase a workbook(s) or reading that will facilitate our work together. Because I believe it is important to work collaboratively and because I want you to experience the most benefit, I will often ask for your feedback. What follows is some technical details and information you need to know about my practice.

Before the first session we will have phone contact to gather some demographic information and to briefly find out what brings you to counseling. I will also ask you questions to help decide if my services are best for you. If there is no reason not to continue at that time, we will make an appointment for the consultation session. As a courtesy reminder, I will call the day before scheduled appointments. Please let me know if you cannot receive reminder calls due to your confidentiality. The Initial consultations are only charged if we decide to continue to work together. If a referral is needed to another therapist I will be happy to provide you with appropriate names.

If an emergency arises, meaning that you feel you may be a danger to yourself or to others, it is agreed that you will call Lifeline at 1 (800) 310-1160 or 911 if available in your area. If needed, your local hospital emergency room is available 24/7.

I do not see clients involved in legal disputes or other official proceedings. Matters involving custody and mediation are best handled by professionals who are specially trained in those areas rather than by your or your child's therapist.

If you need to cancel an appointment, please call at least 24 hours in advance. See financial policy for details.

I am an insurance provider for most plans. If you do not have insurance I accept a self-pay fee. Payment is expected at the time of the visit. Please see financial policy for details.

Whether this is your first experience with counseling or you are familiar with the process, I hope you will find the time spent a rewarding and worthwhile part of your life journey. If you have any questions, please feel free to contact me. I look forward to working with you!

I, _____ have read and understand the information presented above. (print name above)

Client Signature:

Date: