

# New Client Overview: Adults

## **What “counseling” is:** *(what we do in here)*

- We start with the reasons why you came in to see me today.
- We talk about what you would like to change about these issues. (Your Goals)
- I will give you my recommendations as to how to best accomplish this.

## **Here are a Few things you should know.**

- Limits of Confidentiality: What we talk about in here stays in here except if, in my professional judgment, you are at risk of harming yourself or someone else.
- There are limits to what I can and will help with in this office. This setting is more like an office visit to a Dr.’s office than going to the ER. I am not available 24/7 & am not primarily a crisis counselor. If a crisis arises we will work to contain it and refer you to the appropriate setting and treatment. It is outside the scope of my professional practice to be involved in legal proceedings in any capacity. If that becomes necessary I can refer you to someone who specializes in that.
- I am a mandated reporter. If I hear of abuse/neglect or criminal behavior against a minor - I am required to call the state. I will make a reasonable attempt to notify you before I take any action.

## **The business side:**

**Cost: \$130 for 55 min session** (Initial visit is \$165)- This gets you an agreed upon block of my time & I try very hard to start and end on time (even if you are late!) Typically we reserve that last 5 mins for payment and scheduling. Payment is expected at the time of service & staying current with fees is necessary for an ongoing therapeutic relationship. If payment becomes an issue it is grounds for termination/ referral. Using insurance often changes the fees based on the code used for a given session. You may want to check with your insurance company for details.

### **Please make checks payable to Troy McLennan LCSW\***

\*Each therapist at Compass essentially runs their own private practice. We share facilities and some clinical support/consultation in order to offer our clients the best possible therapeutic experience.

## • Cancellation process and Fee:

You can cancel or change an appointment for any reason as long as you give me **24hrs notice\***

*(\*Unless there is an urgent personal issue – including the Flu.)*

Otherwise, I will charge you a **\$75** missed appointment fee.

Insurance typically will not cover a missed appointment or phone session

## • Starting and Finishing Well:

Engaging in therapy is not always an easy or comfortable process. It is often difficult and messy— but you will get out of this what you put into it. There is no contract on the number of sessions required & either party can terminate therapy at any time for any reason. I do ask that when you are ready to be done with therapy that you will come in for one final session to review what you have learned and give recommendations/ referrals for what to continue to work on.

Client: \_\_\_\_\_ Date \_\_\_\_\_

Therapist: \_\_\_\_\_ Date \_\_\_\_\_