

# **Carolyn Hoffmann, Psy.D.**

Licensed Clinical Psychologist  
Happy Valley, OR  
(503) 657-7200

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## **ADULT CONSENT FORM**

### **CONTRACT FOR PSYCHOLOGICAL SERVICES**

Welcome to my practice. The following information highlights the business arrangements for treatment and should help you make an informed decision concerning treatment.

### **NATURE OF THE TREATMENT**

Counseling can be a very life-enhancing process. Therapy often leads to better relationships, deeper understanding of the origins of conflict, solutions to specific problems, significant reduction in feelings of distress, and a general sense of well-being, contentment, and self-acceptance. I intend to make our professional contact maximally beneficial to you. It is my belief that individuals have the potential to grow and make adaptive changes at any stage of life.

Counseling is a joint process that requires active participation on your part including commitment, time, and effort. I have extensive experience providing clinical services to people who are dealing with a wide variety of emotional and interpersonal difficulties. However, if our work together leads to problems beyond my expertise, I will help you obtain the necessary services from the appropriate specialist.

Although counseling is generally beneficial, results cannot be guaranteed and there can be risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings, face unpleasant life events, thoughts, and beliefs, and develop increased awareness of values, experiences, and emotions. It is important to remember that the feelings you experience are likely normal and are an important part of the therapy process.

During our work together, all business is conducted directly with me. I answer my own phone calls and schedule my own appointments. While it is a professional service, it also involves a very personal relationship. Therefore, I encourage you to bring up any of your assumptions, problems, or possible negative side effects of our work together.

### **APPOINTMENTS**

Therapy sessions are generally 50-minutes in length. Because the appointment is reserved for you, it will be necessary to charge for missed appointments and appointments that are cancelled without 24-hour advance notice. This fee is \$85. No-shows and late cancellations that occur on a repeated basis (beyond three times) will result in my full fee being charged to you. Please note that insurance companies will not cover any portion of the fee for missed appointments. When it is necessary to cancel or reschedule an appointment and you cannot reach me directly by phone, please leave me a voicemail message or text your cancellation to my office number. All texts should be signed (even if you have texted me previously). This is because I do not save client phone numbers or text histories in my phone for confidentiality reasons. Please do not email me regarding cancellations as I do not check email as often and may not get a message of that sort within the 24-hour window.

## **MESSAGES**

I am often not immediately available when you call. When I am unavailable, calls are answered via voicemail to protect your confidentiality and to give you the opportunity to leave messages of any length. I check my messages frequently throughout the day and am able to return most of my calls on the same day with the possible exception of weekends and holidays. If I am going to be unavailable for an extended period of time, I can provide you with the name of a colleague to contact in my absence.

## **EMERGENCIES**

If you are unable to reach me and are experiencing a mental health emergency, please contact the 24-hour Clackamas County Crisis Line at (503) 655-8585 or call the nearest emergency room and ask for the mental health professional on call. If you are experiencing a mental health crisis and cannot reach me, please leave me a voice mail message and proceed to the emergency room of the hospital nearest to you.

## **CONFIDENTIALITY**

Counseling is a private treatment, and I am committed to preserving your confidentiality to the fullest extent possible. In general, the law specifies that the communication between a patient and psychologist is private. I can only release information about our work to others with your authorization. However, there are certain exceptions to confidentiality that are legally mandated. Although these situations rarely occur in my practice, they are important for you to know about before starting treatment. There are four instances in which I cannot legally ensure confidentiality. They are: 1) instances of suspected child abuse, 2) instances of suspected elder abuse or abuse of a disabled person, 3) instances in which intent to commit a crime or intent to commit bodily harm to self or other(s) is made, and 4) when a patient introduces his or her mental condition as a defense or claim in a legal proceeding. If I believe that a patient has committed or is threatening serious bodily harm to someone, I will need to take protective actions. These actions could include contacting the police or an abuse reporting agency or notifying the potential victim. If the patient threatens to harm him/herself, I may be obligated to seek hospitalization for him/her or to contact family members or others who can help provide protection. Also, in some child custody legal proceedings, a judge may order my testimony if he/she determines that the issues demand it. Finally, if you choose to use insurance to cover some of your treatment costs, the insurer will require you to authorize the release of certain clinical information about you and your treatment.

## **FEES**

My fees are: \$250 for the intake session, \$200 per 50-minute session for individuals, and \$225 per 50-minute session for couples. Fees may vary depending upon which insurance company you are using. My clients are expected to pay for services on the day that they are provided unless special arrangements are made. Payments may be made through Zelle, check, or cash. If you are writing a check, I encourage you to make out your check for payment in advance so that our entire time may be spent attending to your concerns. I charge the same amount for other psychological services you may need, although I break down the hourly cost if I work for periods of less than one hour. Other services include preparation of records or treatment summaries, telephone conversations lasting longer than 10 minutes, attendance at meetings with other professionals you have authorized, participation in legal proceedings involving you, and any other services you may request of me.

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**CONTRACT FOR PSYCHOLOGICAL SERVICES**

**CONSENT TO TREATMENT:**

Signing below indicates the following:

- 1) I have read and received a copy of the Contract for Psychological Services with Dr. Hoffmann and agree to its terms.
  
- 2) I acknowledge that I have received a copy of the Notice of Privacy Practices and agree to its terms.

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Name

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Signature

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Date