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Client Services Agreement

Welcome. Please read the information below and note any question so we can discuss them.

Therapy/Psychotherapy/Counseling/Family Therapy

Therapy is hard to describe. Each person experiences it differently. There are many different ways to work on the problems you want to solve. Therapy requires you to actively participate both in the therapy appointment and in the work you will be asked to do outside our meeting.

Therapy has benefits and risks. Therapy may involve discussing unpleasant experiences. You may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. Therapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. We don't know what your experience will be like.

By the end of the first few sessions, I will be able to offer you some ideas of what our work together might include going forward. Together we can discuss what a plan to meet your needs might look like. Giving careful consideration to this conversation as well as to your own feelings of comfort with the therapy process, including the financial and time commitment, you should then make a decision about continuing with therapy.

Meetings

Meetings are 50 minutes. I only meet with people on Saturdays. Please contact me at least 24 hours in advance of our meeting time if you need to cancel your appointment.

Contacting Me

I may not be immediately available by telephone. When I am unavailable, the phone is answered by voice mail. I will make every effort to return your call on the same business day. If you are unable to reach me and feel that you can't wait for me to return your call, contact your family physician or the nearest emergency room. In a life-threatening emergency, call 911. If I will be unavailable for an extended time, I will provide you with the name of a colleague to contact, if necessary.

Please be cautious in your use of e-mail to contact me. I check e-mail only intermittently and may not see your message right away. E-mail is best for brief information that is not highly personal, such as appointment time/date questions. E-mail is not a good way to contact me in an emergency.

I do not knowingly accept friend or contact requests on any social networking sites (Facebook, LinkedIn, Twitter, etc), blogs, or business listing sites. Adding clients or former clients as friends or contacts on these sites may compromise confidentiality and privacy. It may also blur the boundaries of the therapeutic relationship. If you have questions about this, please bring them up with me.

Professional Records

Your Clinical Record includes protected health information such as your history, your reasons for seeking therapy, the goals that we set for treatment, and your progress towards those goals. Except in the unusual circumstance where disclosure is reasonably likely to endanger you and/or others or when another individual (other than another health care provider) is referenced and I believe disclosing that information puts the other person at risk of substantial harm, you may examine and/or receive a copy of your Clinical Record, if you request it in writing. Because these are professional records, they can be misinterpreted by and/or be upsetting. For this reason, I recommend that you initially review them with me so we can discuss the contents. I will charge a fee for copies and time spent on information requests.

Couples

Couples therapy is more effective when both individuals in the partnership attend appointments in a consistent manner. It is important both individuals feel I am fair and unbiased. In order to maintain objectivity and neutrality, I generally will not meet with either partner individually unless a special agreement is made between all of us to do so. If either or both partners would benefit from individual therapy in addition to couples therapy, I can help with a referral.

If you or your partner arrive late for your appointment, we will start when both of you are present. We will end at the regularly scheduled time. You will be responsible for payment for the full hour.

Fees

I do not participate with any insurers or assist with insurance claims other than providing a receipt with service information. My fee is based on a sliding scale according to income. The range is \$80.00 - \$120.00 per 50-minute service hour. The sliding scale is as below:

\$120.00 per service hour (my family net income is \$100,000+ annually)

\$100.00 per service hour (my family net income is \$50,000-100,00 annually)

\$80.00 per service hour (my family net income is under \$50,000 annually)

You will be expected to pay for therapy at the time of your appointment.

YOUR SIGNATURE ON THE INITIAL INFORMATION FORM INDICATES THAT YOU HAVE READ THIS AGREEMENT AND UNDERSTAND AND AGREE TO ITS TERMS AND ALSO SERVES AS AN ACKNOWLEDGEMENT THAT THE HIPAA PRIVACY NOTICE DESCRIBED ABOVE WAS MADE AVAILABLE TO YOU.