**INFORMED CONSENT FOR TREATMENT**

Metis Center for Psychological Services

Welcome to our practice. This form contains information about us, our training, experience and credentials, as well as the services we offer. If you have any questions or concerns, please discuss them with us – we welcome your feedback.

We view therapy as a collaborative process. This collaboration is critical to our work together – we are experts on human behavior and change processes, and you are an expert on your own individual experience. Both sets of expertise are required in our therapeutic work. Open lines of communication are important for success.

Therapy can have risks as well as benefits. Discussing your experiences may provoke uncomfortable feelings such as sadness, anxiety, guilt, anger, frustration, loneliness and helplessness. Change in one area of your life may prompt change in other areas, and change can be inherently uncomfortable as well. On the other hand, therapy has been shown to have numerous benefits and often leads to reduction of difficulties in living, improved relationships, solutions to specific problems and reduced feelings of distress. There are no guaranteed outcomes in therapy, and outcomes and benefits are highly unique to everyone.

**Fees and Payment:** We are happy to submit claims to your insurance as required. Your insurance policy

is a contract between you and your insurer. Any claims for services provided that are denied for any reason by your insurer are your responsibility in full. Also, if a balance on the account exceeds $300, further dates of service will suspended until the balance is paid. Please be aware that we require timely cancellation of appointments you can’t attend. In the event, that you are not able to make it to a scheduled appointment, please provide us with at least 24 hours of notice. **We do not bill insurance for missed appointments, and we do charge a missed appointment fee of $65 to cover our associated costs.**

If payment is not received in a timely fashion and we are unable to collect fees for our service, we reserve the right to employ the services of a collection agency. In this event, only the minimal pertinent information is shared with the collection agency in order to allow them to perform their duties, i.e., name, address, telephone number and amount due. If the services of an attorney or collections agencies are used to recovery fees owed, you may be liable for fees associated with those services.

If you are seen by a health care provider or use services in a facility that is not in your health insurance plan’s provider network (also known as out-of-network), you may receive additional charges associated with that care. This “surprise” billing is the difference between what the insurer decides is the eligible charge and what the out-of-network provider bills. Exceptions to these “surprise” billings by the House Bill 19-1174 Out-of-network Surprise Billing are when you are receiving emergency services or unintentionally receive covered series from an out-of-network provider as an in-network facility in Colorado.

**Cancellations:** If you find that you are unable to keep an appointment, please notify us as soon as

possible. Should you miss a scheduled appointment without providing 24 hours’ notice, you will be billed $65 for the session. Emergency situations are exceptions to this policy and will be evaluated and discussed in the context of your treatment on a case-by-case basis.

**Limits of Practice:** We have limited our practice to clients who do not typically require 24-hour care or

other emergency care. We do not carry pagers or have emergency phone lines. If you feel that you may need this level of care, please discuss this with us so that we can work with you to find the appropriate care provider for you. If an emergency should occur during our work together, please call 911 or go to your nearest hospital for assistance. We urge you to inform us of such events as they may impact your therapy.

**Clients Under 18 Years of Age:** If you are under the age of 18 years, please be aware that the law may

provide your parents or other legal guardians the right to examine your treatment records. It is our policy to request an agreement from parents that gives up their access to your records. If they agree, we provide them only with general information about our work together, unless we feel that there is a risk that you will harm yourself or someone else. In that event, we may notify them of our concerns. We will always do our best do discuss this with you prior to taking such an action and will specifically discuss what we would disclose.

**Legal Disclosures:**
The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Registrations. The Board of Professional Counselor Examiners can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800. As to the regulatory requirements applicable to mental health professionals:

* Registered psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.
* Certified Addiction Counselor I (CAC I) must be a high school graduate, complete required training hours and 1,000 hours of supervised experience.
* Certified Addiction Counselor II (CAC II) must pass the national exam, complete additional required training hours and 2,000 hours of supervised experience.
* Certified Addiction Counselor III (CAC III) must have a bachelor’s degree in behavioral health, pass the national exam, complete additional required training hours and 2,000 hours of supervised experience.
* Licensed Addiction Counselor must have a clinical master’s degree and meet the CAC III requirements and pass the MAC exam.
* Licensed Social Worker must hold a master’s degree in social work.
* Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure.
* Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a master’s degree in their profession and have two years of post-master’s supervision.
* A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision.

You are entitled to receive information from us about the methods of therapy, the techniques used, the duration of your therapy (if known), and the fee structure. You can seek a second opinion from another therapist or terminate therapy at any time.

In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder.

Generally, the information provided by and to the client during therapy sessions is legally confidential and cannot be released without the client’s consent. There are exceptions to this confidentiality, some of which are listed in section 12-43-218 of the Colorado Revised Statutes and the HIPAA Notice of Privacy Rights you were providedas well as other exceptions in Colorado and Federal law. For example, mental health professionals are required to report suspected child abuse to authorities. If you tell us that you are planning to harm yourself or somebody else, we will act as necessary to ensure safety. A judge could compel us to testify regarding your attendance here. If federal authorities deem you a threat to national security, they can gain access to your health records on file here. If a legal exception arises during therapy, if feasible, you will be informed accordingly. The Mental Health Practice Act is available at: <https://www.colorado.gov/pacific/dora/professional_counselor_laws> under Mental Health Practice Act.