

Sophie Levy, MA, MFT.
Licensed Marriage and Family Therapist
1137 2nd Street, St#203, Santa Monica, CA 90403
Tel: 310-621-7476 • 1sophielevy@gmail.com Lic# LMFT100618

CLIENT INFORMATION SHEET AND CONSENT FOR TREATMENT

Confidentiality: Psychotherapy is designed to be a safe place for you to talk about any personal issues you choose to explore. Please know that whatever we discuss in psychotherapy is legally held as private and confidential. This means that I will not divulge anything you tell me to anyone except in either of the following conditions:

- a) You give me your permission to talk to another, such as a health-care professional who is providing you treatment.
- b) You tell me something that I am legally required to reveal to others. For example, California psychotherapists are required to report cases of suspected child abuse or elder abuse, or when a client poses a threat to herself/himself or others.

If you are seeing me for couples or family therapy, I consider your relationship to be the client. During the course of our work, I may see one of you individually for one or more sessions or for part of a session. These sessions should be seen as part of the work that I am doing with the couple or family unless otherwise indicated. Please know that anything we discuss when your partner or family member is not present may be disclosed to them if, in my best judgment, doing so is necessary to effectively help your relationship. Other than that, I will not disclose confidential information about your treatment to anyone else unless all persons who participate in the treatment provide permission to release such information.

Participating in therapy may involve discomfort, including discussing difficult feelings and experiences, and may evoke strong emotions, including anger, sadness, and fear. During the therapeutic process, many clients find that they may initially feel worse before they feel better. This is generally a normal course of events. Personal growth and change may be easy and swift at times while slow or frustrating at other times.

Fees and cancellation policy: Couples therapy sessions are normally 80 minutes long. We have agreed to a fee of \$175 per session, payable each session by check, cash, Paypal, or credit card. Longer sessions are pro-rated at the \$150-per-hour rate. There is no charge for brief phone calls (up to five minutes), but longer phone sessions with you or with any professionals or others you ask me to speak with on your behalf are subject to a charge based on the length of the call. When we schedule an appointment, that time is reserved entirely for you. Therefore, if you need to cancel an appointment, please let me know at least 24 hours in advance; otherwise, I will have to charge you for the missed session since I will not be able to fill the appointment time on short notice.

By signing, you acknowledge that you have reviewed and fully understand this agreement, that you have had any questions with regard to its terms and conditions answered to your satisfaction, and that you agree to the terms and conditions of this agreement and consent to participate in psychotherapy.

Sign Name: _____ Print name: _____

Sign Name: _____ Print name: _____

Home phone: _____ Cell phone: _____

Address:

Today's date: _____ Email: _____