

Nate Wilson-Traisman Counseling

Individual, Couples, & Family Therapy

Basic Information Sheet and Consent for Treatment

This form provides you with information that you may need in order to make an informed choice regarding your counseling. If you have any questions please do not hesitate to ask.

Confidentiality: All information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without your written permission, except where disclosure is required by law. If you would like me to speak with someone you will need to sign a release of information form identifying who it is you would like me to speak with and the information to disclose. I will release information to any agency/person you specify unless I conclude that releasing such information might be harmful in any way. Also please note that e-mail and cell phone communications can be relatively easily accessed by unauthorized people and therefore, privacy and confidentiality can be compromised. There are times when I will consult with other professionals about concerns or the course of treatment, your identity will always be kept confidential and any identifying information will be changed or removed from the discussion. There are some situations in which I am allowed to break confidentiality and those include:

- When there is a reasonable suspicion of child, dependent or elder, abuse or neglect
- When you are in imminent risk of committing suicide, in danger of seriously physically harming someone else or are fully unable to care for yourself.
- And under the direct orders of a court judge.

Communication Between Sessions: I am generally available during standard office hours, M-F from 9am-5pm. I do my best to respond to all client contact within one business day. It is possible you may choose to communicate with me via email or text message. Please understand that these modes of communication are not HIPAA compliant, and it's advised that these methods of communication be used strictly for scheduling purposes. If you choose to communicate with your therapist via email or text message, you understand you are engaging in an unsecure method of communication, and your confidentiality could be compromised.

Additionally, I will only respond to emails between sessions that regard scheduling. If you have immediate concerns that require my attention, you are welcome to call me. Otherwise, you can make a note of what happened and we can address it at our next session. Phone calls lasting more than 10 minutes will be billed at a pro-rated fee based upon your hourly session rate. In the case of emergency, please read below.

Initial here to demonstrate understanding privacy risks of communicating via email and text message _____

Emergencies: I do not provide emergency or crisis response services at my practice. In the event of an emergency, please contact **911** or the **Multnomah County Crisis Line** at **503-988-4888**. If you call me in crisis, I will do my best to respond to you within 24 hours, however I cannot guarantee that I will be available and/or accessing my voicemails. If you email me during an emergency, I will respond to your email with a phone call. Please seek out emergency services as mentioned above.

Evaluations: I do not provide psychological evaluations, child custody evaluations, evidence for disability determination, forensic evaluations (e.g., collecting information in a legal proceeding) or expert testimony for the court. If you are seeking this type of assistance, please inform your therapist.

Release of Records: I do not routinely release client records. In some circumstances a summary of treatment may be provided. All records requests must be provided in writing, stating the specific information being requested and its intended use. For relational therapy, consent must be obtained from all adult members before any records will be released. Records requests may require up to two weeks to process. Fees will be charged for copying services.

Payments & Insurance Reimbursement: Clients are expected to pay the agreed upon sliding scale fee at time of session. I do not charge for brief phone calls (less than 10 minutes). Longer telephone conversations, site visits, report writing and reading, consultation with other professionals, release of information, reading records, longer sessions, travel time, etc. will be charged at the same rate, unless indicated and agreed otherwise. Please note that I am not affiliated with any insurance panels, which means I do not accept insurance at this time. This can be beneficial in several ways. First, I will not be required to assign you a mental health diagnosis as a part of treatment. Additionally, there will not be a fixed limit on the number of sessions available to you. You will also be able to determine your own goals for therapy.

Cancellation & Re-scheduling: 24-hour notice is requested for the cancellation or rescheduling of an appointment.

If less than 24-hour notice is given, clients will be charged for the missed appointment. Extenuating circumstances will be considered. If a client reschedules an appointment more than once during a calendar week, they are subject to being charged for that appointment. More than two missed appointments without 24-hour notice may result in the termination of therapy. If you are late to a session, we will still end at the scheduled time. Clients are responsible for rescheduling sessions. Client files will be closed after 60 days of inactivity, unless we have made prior arrangements for a longer break in services.

The Process of Therapy: Participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that led you to seek therapy. Working toward goals requires effort on your part. Psychotherapy requires your active involvement, honesty, and openness in order to change your thoughts, feelings and/or behaviors. I may ask for your feedback and views on your therapy, its progress, and other aspects of therapy and will expect you to respond openly and honestly. Please feel free to bring up any concerns or questions at any time and also remember that you have the right to request changes or to refuse treatment at any time. If you should have a serious concern that you are not able to successfully resolve with me directly, you can always call the Oregon Board of Licensed Professional Counselors and Therapists at (503)-378-5499.

Caregiver Permission to Treat a Minor: I give my permission for Nate Wilson-Traisman to provide mental health services to my child. If I am co-parenting and have joint custody, I am in compliance with the custody agreement regarding health care decision making (e.g., as described by the parenting plan). Please indicate legal authority for guardianship (e.g., custodial parent, legal guardian, court appointed guardian): _____

By signing below, I am verifying that I have legal authority to provide consent for therapy.

Name of Child: _____ Date of Birth: _____

Name of parent/guardian: _____

Signed: _____ Date: _____

