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www.southpasadenatherapist.net
LCS# 24755

General Information About Psychotherapeutic Services

Confidential Information and Disclosure

Law and ethics require your psychotherapist to keep appropriate written records. Personal information you disclose may be entered into this record. I pledge to take measures to safeguard this information against unauthorized access and to give you a choice over confidentiality, with a few rare but important exceptions:

1. To maintain high standards of care, a psychotherapist occasionally obtains consultation from colleagues about cases. In such consultations, information which would identify you will not be disclosed.
2. If you present a danger to yourself or others or are unable to care for yourself, limited information may be disclosed to facilitate hospitalization for your protection.
3. If you communicate to a psychotherapist a threat to harm an identifiable person or the public, or threat of property damage, or if a third party contacts a psychotherapist and discloses a threat made against you, the psychotherapist must warn the person involved, and law enforcement agencies.
4. If there is a reasonable suspicion of abuse or neglect of a child, elder, or dependent adults, a report may have to be made to designated agencies.
5. If a valid emergency exists, your psychotherapist may summon emergency medical services or the emergency contact you named on the information form.
6. In most legal proceedings, you have the right to confidentiality. However, in some circumstances where your emotional condition is an important issue, a judge may require records of testimony concerning you or your family without your consent.
7. When a couple is seen in treatment, confidences cannot be kept by the psychotherapist from either partner.
8. If you are under age 18, your parents have the right to know about your treatment. Non-custodial parents have a right to know about a minor's therapy. For teenagers, I ask parents to waive access to details about a teenager's disclosures. Unless there is a serious danger, the psychotherapist will provide only general information.
9. If you fail to assume financial responsibility for your bill, limited personal information may have to be disclosed for the purpose of debt collection, such as your name, nature of services you have received, and the amount due.
10. When services are paid by insurance, you usually have waived your right to complete confidentiality as part of the terms of your policy. A psychotherapist may therefore be required by your carrier to disclose information or records, in order to process a claim.
11. In the event your psychotherapist closes her practice, you hereby allow her to place your record in the custody of a trusted colleague for proper storage and disposal.

Prior and Concurrent Treatment and Records

Fully advising your psychotherapist of your physical and emotional condition is important. To ensure that services are consistent with current and prior treatment and treat important facts leading up to your diagnosis and treatment are not overlooked, you hereby authorize your psychotherapist to communicate with and obtain records from current and prior treating professionals. At the outset of seeking psychotherapeutic services, it may be advisable for you to see a physician to rule out any medical conditions which might contribute to your difficulties.

Cancellations and Emergencies

Scheduling an appointment involves the reservation of time specifically for you. Once an appointment is scheduled, you are expected to keep it unless you provide a minimum of 24 hours prior notice to cancel or to reschedule. **Failure to provide 24 hours prior notice to cancel will result in a full charge for the missed session. To cancel or reschedule an appointment, call (626) 710-6578, or send an email: southpasade-natherapist@gmail.com. Please do not use SMS (mobile phone text messaging) to contact me.**

Risks and Benefits of Psychotherapy

As a licensed clinical social worker (LCSW) with the state of California, I offer many psychotherapeutic modalities including Cognitive-Behavioral Therapy (CBT), mindfulness-based practices, and psychodynamic theory. As a result of psychotherapy you may not feel happier, and our work may result in a change in your relationships. At the conclusion of our first session, you are free to decide if you wish to continue psychotherapy with me. The length of therapy varies with each individual. Some clients report a reduction in symptoms after a few sessions, while others require longer term treatment. As a standard of practice this informed consent form is revisited at 6-month intervals, in addition to an evaluation of therapeutic goals, and the efficacy of our work together. Occasionally, I will suggest a medical evaluation with a medical doctor and/or psychiatrist.

Email

Email communication is generally restricted for arranging or modifying appointments, and for providing resources to you to support therapeutic goals. Please do not email me content related to your therapy sessions, including crisis-related, time-sensitive, or emergency matters. Do not send any attachments or screenshots as email is not completely secure or confidential. Exclusion: if you are involved in the family court system, I may ask you to send your latest court order. You will be charged a portion of the session fee for my time, and I will bill you accordingly. If you choose to communicate with me by email, be aware that all emails are retained in the logs of your and my Internet service providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator(s) of the Internet service provider. You should also know that any emails I receive from you and any responses that I send to you become a part of your legal record. While I try to answer all correspondence within 24 hours, I cannot guarantee I will be available.

Social Media

I regularly utilize social media platforms to share psychological information, including mental health and wellness resources written by myself, and others. As a general rule, I do not follow clients, or respond to any commentary made by current or former clients. I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, Twitter, etc). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please address them when we meet and we can discuss your concerns at that time.

Children under 14 cannot be left unattended in the waiting area. Unfortunately, if you bring underage children who must wait outside, we may have to reschedule your appointment.

Out of respect, your psychotherapist does not answer the telephone when seeing clients; the phone is answered 24 hours per day by voicemail which is monitored regularly. Calls are usually returned within 24 hours or less with the exception of weekends and holidays. After-hours calling is available for emergencies only. Your psychotherapist cannot guarantee a phone response within a certain period of time; if you are unable to reach the psychotherapist and cannot wait, call your family physician, the nearest emergency room, or 911. When your psychotherapist is unavailable for an extended time, a trusted colleague will be available for you to contact.

Teletherapy

During the COVID-19 pandemic therapy sessions are conducted via teleconferencing or phone. doxy.me is the HIPPA-compliant platform I use; however, slow internet speeds can disrupt the app, and an alternative platform is Zoom. Please ensure you are located in a private space in your home, wearing ear phones, and near your WiFi router to ensure optimal internet speed. For minor clients or non-minor high school students or recent high school graduates living at home, please note I require a parent/guardian to be participate at the onset of the session, or to join the session during the last 15 minutes.

Questions or Complaints

If you have a question or complaints regarding the practice of a psychotherapist, you may contact the Board of Behavioral Sciences, 1625 N. Market Street, Ste. S-200, Sacramento, CA 95834 or by calling (916) 574-7830.

I have read, understood, and agreed to the conditions stated above. I have clarified any questions before signing this consent. I consent to the psychotherapist rendering psychotherapy services to myself and/or my minor child(ren).

Client signature

Spouse, Parent, or Responsible Person signature

Psychotherapist

Date