

CONSENT TO TREATMENT

255 S. 17th Street, Philadelphia PA 19103

The purpose of this agreement is to provide important information about the policies and procedures of my practice. Psychotherapy is more likely to be successful if we have a mutual understanding of the counseling process.

Therapist Qualifications and Areas of Practice

The Philadelphia Institute for Individual relational & Sex Therapy is a practice of highly trained and specialized therapists dedicated to helping people gain greater insight and create greater joy and connection in their lives. We provide services for individuals, families and all types of relationships. Our unique group practice brings together the skills of a variety of specially trained therapists who function independently but benefit from the strength of a group skill set. The staff at PhIIRST are a diverse group of both male and female psychotherapists specializing in individual, relational and sex therapy.

We have particular expertise in relationships and sexuality issues however, we work with many psychological issues including persons experiencing affairs, anxiety disorders, mood disorders, adjustment disorders, life challenging illness (self or others), bereavement, trauma, divorce, marital, family, or relationship problems, assertiveness issues, anger management, career adjustment or indecision, and other mental health disorders and issues as described in the Diagnostic and Statistical Manual of the American Psychiatric Association.

Role of Diagnosis

At times we may need to diagnose a client to aid in the treatment process (or for insurance reimbursement purposes). If need be, we use the *Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* published by the American Psychological Association (2013) to assist in coding any diagnosis we may determine to be appropriate to your situation. This coding serves the purpose of providing a framework upon which we can view your situation and plan treatment. In the event a diagnosis is appropriate, your therapist will inform you of the diagnosis rendered.

Scheduling, Length of Sessions, Cancellations

We will schedule your sessions on mutually agreed upon times. If at all possible, it is best to pick a time spot that is consistent. This will help avoid scheduling challenges as we do keep a full schedule of clients. Sessions are 50 minutes in length unless otherwise agreed upon. If you arrive late, we typically will still end on time. If you are unable to keep an appointment, please call to cancel or reschedule at least 24 hours in advance to avoid being charged a missed appointment/late cancellation fee. In the event that appropriate notice is not given, you will be charged a full session fee. We understand that life does create difficult last minute challenges and therefore certain late cancellations (illness, accidents, etc) will be acceptable without charge. EXCEPTION: If you need to cancel within 24 hours and you are able to reschedule for a time within the same week, there will be no charge.

Emergencies

In the event that you need emergency services and you cannot contact your therapist, please call 911 or go to an emergency room.

Payments

Fee structure is determined between you and your therapist. Payment is made at the end of each session unless you make other arrangements with your therapist. Checks should be made payable to your therapist directly, and therapists may accept cash or credit cards as well. There is a \$35 fee for any returned checks.

Health Insurance

We do not accept any health insurance plans. Your therapist may qualify as an out-of-network provider. Please contact your insurance company to see if they will cover the services you are seeking. If so, your therapist would be happy to provide you with service statements for your insurance company. However, if you plan to seek reimbursement for out-of-network services, please discuss with your therapist first as some of our therapists are pre-licensed (working toward imminent licensure) and therefore have lowered fees to compensate for their ineligibility for out-of-network services.

PLEASE NOTE that while all therapists' practice under the group practice name PhIIRST, they are each independent therapists working as an individual entity. Please speak with your therapist directly with all concerns. If further action is necessary please contact the office Director, Dr. Chris Fariello at 215-514-6954 or email at fariello@phirst.com.

PLEASE ALSO READ the NOTICE OF PRIVACY PRACTICES FOR PROTECTED HEALTH INFORMATION (HIPAA)