

Dr. Beverly Weinhold 4010 Dupont Circle, Ste 403, Louisville, KY 40207

Welcome. I am honored that you have chosen my therapeutic services. This document is will answer some questions clients often ask about my professional experience and the process and practice of therapy.

CREDENTIALS & WORK EXPERIENCE: I'm both a Licensed Professional Clinical Counselor (LPCC) and an Ordained Clergy person (DMin) with 25+ years of experience. My clients are adults who struggle with grief, anxiety, anger, abuse, estrangement and self-esteem. I combine cognitive behavioral techniques with understanding your family system and spiritual practices. I believe that evidence based research combined with spiritual practices is powerful toward wholeness. I hold these qualifications: I am licensed (LMHC) in MA and (LPCC) in KY. I am also a Certified Pastoral Counselor with the American Pastoral Counseling Association and certified as a Clinical Mental Health Counselor by the National Board of Certified Counselors. ((for more please see: www.beverlyweinhold.com).

WHAT IS THERAPY? The process of therapy is both a journey and a covenant. It's a journey because we travel together from from a perceived problem toward a measure of resolution. Collaboratively, we target the problem, define treatment goals and learn skills and spiritual practices to that lift your burden. Therapy is also a covenant. As a therapist I offer a safe and space to step back, gain perspective, connect the head with the heart, learn new skills and make good choices. As client you commit to make meetings, do any agreed on homework and engage the process honestly. The net result is change.

MEETINGS: Typically, I conduct an Initial Evaluation in 2-4 sessions. During this time, both of us decide if our therapeutic relationship is the best fit for your treatment goals. Once psychotherapy has begun, we will usually meet weekly for a 50 minute session revisiting the frequency after 3 months.

Since our appointment is a covenant to work together, we both make a commitment to make every effort be on time. Because I'm a part-time therapist (who teaches in other venues) I accommodate as many clients as I can each week. Your session is reserved only for you, therefore its important to provide 48 hours notice of cancellation so that I can fill your space with another client in need of an appointment. If you are unable to provide 48 hours notice, you will be charged the full fee. An exception is made only when we both agree that you were unable to attend because of circumstances beyond your control.

If you wish to stop therapy at any time or take a time-out, I ask that you agree to at least one additional session to review our work together. At that time, we will review our goals, the work we've done, any future work needing to be addressed and options. If you believe that a change in therapists is best, I'm glad to provide the names of other qualified clinicians.

PAYMENT: Payment is an important part of any professional relationship. My fee range is from \$115-130. However, I do have a sliding fee scale and negotiate this with you personally. This fee not only covers the time together, but includes my preparation before your arrival (reviewing treatment plan), writing therapy notes after our session and coordinating information with outside professionals that are also involved in your treatment plan. I'm a self-pay therapist. I purposely do not participate on insurance panels out of concern for client confidentiality. However, most clients can submit my invoice to their insurance network and receive reimbursement at out-of-network rates (50%-65%). Payment is expected at the beginning of each session (check, cash). Invoices for submission to your insurance carriers are issued at the end of each three month period. Any additional preparation of invoices will be billed at the regular hourly rate. Outstanding bills and returned checks incur a \$25. penalty fee.

LIMITS & CONFIDENTIALITY: As a professional therapist, I am bound by a code of ethics. This includes following the standards of the American Counseling Association (ACA) which places limits on the relationship between a therapist and a client. First, I'm trained to practice psychotherapy not law, medicine, finances or the expertise in another profession. Second, I can only be your therapist. I am not allowed another role in your life such as friend, pastor or companion in social settings. In a professional relationship, sexual intimacy is never appropriate and is reportable to the Grievance Board of the American Association of Professional Counselors. Third, state laws as well as ACA standards protect your privacy and preserve our confidentiality. Therefore, I also ask you not to disclose the name of any other client being seen in this office. Furthermore, the laws and standards of my profession require that I keep treatment records. I can only release information about our work to others with your written permission on a consent form. This form states exactly what information is to be shared, with whom, and why, and it also sets time limits. You may read this form at any time. And, you may rescind your permission to disclose information at any time. If you have questions about this process, please ask me. Please know that communication and client is held in strictest confidence *unless* one of the following conditions are met:

- the client utilizes insurance benefits
- the client authorizes release of information with a signature
- the provider is ordered by a court to release the information
- threats of harm to self/others are made by the client
- abuse or neglect of a minor, vulnerable adult, senior or disabled person is suspected, in which case it is required by law to inform the appropriate state authorities

I cannot guarantee confidentiality when you and I are communicating via cell phone, cordless phone, fax, email or computer. These devices could compromise confidentiality. By understanding the inherent risks of the aforementioned devices, you can make an informed choice about when / where / how to use those tools.

Thank you again for trusting me to provide therapeutic services. Please don't hesitate to ask any questions you may have at our first session. Thank you.

