

YOUR TRANQUIL LIFE

INFORMED CONSENT TO RECEIVE COUNSELING SERVICES

Welcome to Your Tranquil Life! I am a Licensed Clinical Social Worker for the State of California since 2008. I have a wide variety of experience working with individuals with physical, mental and developmental disabilities. My focus is to respect a client's right to self-determination and to assist them to achieve their full potential through supportive and focus-solution types of therapies.

As a client of Your Tranquil life, you have the right to confidentiality. However, there are exceptions to confidentiality. As a licensed professional, I will uphold the laws and regulations related to safety issues and **I am mandated to report to specific authorities if there are concerns about child, elderly and/or dependent adult abuse or neglect, and/or if there is a concern about being a danger to yourself or others.** I may consult with other professionals in the case of determining the best way to help my clients. If this is the case, all identifying information will be held confidential. Records will only be released under court order or by your expressed written permission.

I am unable to respond immediately to emergencies. A mental health emergency is considered life and death, so it is appropriate to call 911 if needed. Otherwise, there are crisis lines throughout your state that can provide immediate response and support.

Cancellations: Require 24 hour notice. You get one freebie, then you will be charged the full session rate for missed appts/no shows. Please notify me as soon as possible about cancellation so other clients may take the appointment time.

If I need to cancel, I will notify you ASAP and make every attempt to reschedule in a timely manner

Punctuality: You have a grace period of 15 minutes, otherwise will need to reschedule, AND it counts for an unplanned cancellation

My fee for services is \$140.00 per 50 minute sessions. Payments for out-of-pocket clients are due after the session. You can provide payment through VenMo, Zelle, through the Alma Auto Pay portal, or I can invoice you and you can pay by check. I currently do not accept credit cards.

If you are using your insurance to pay, you are encouraged to consider enrolling in Auto Pay with Alma. Alma will do an insurance eligibility check prior to the visit and can collect your co-pay fees. Ultimately it is your responsibility to be aware of any issues related to your insurance coverage, deductibles and lapses of coverage. You will be billed for any charges not covered by your insurance. You will be charged for missed appointments if under 24-hour notice.

Our relationship is non-binding. You are free to end sessions and seek alternative professional assistance at any time. I may determine during the initial session or during any time throughout our relationship that I am not able to assist you. I will do my best to refer you to a professional that can assist you. I encourage you to communicate any concerns about the services I provide at any time.

My fee for services is \$140.00 per 50 minute sessions. I currently do not accept credit cards, so please provide cash, check or money order payable to Your Tranquil Life. Venmo ID:

Our relationship is non-binding. You are free to end sessions and seek alternative professional assistance at any time. I may determine during the initial session or during any time throughout our relationship that I am not able to assist you. I will do my best to refer you to a professional that can assist you.

If you cannot make a scheduled appointment, you agree to notify me as soon as possible, a charge may be made to your account if it is less than 24 hour notice.

I agree to receive counseling services with Your Tranquil Life and have read the information within this document and fully understand the limits of services.

NAME: PRINT

DATE

SIGNATURE

5-2024