

## AGREEMENT

I, \_\_\_\_\_  
freely consent to treatment at ARR Counseling, LLC. Counseling is conducted in a supportive setting so that you can gain greater self-understanding that will help you feel better and meet your personal goals. Success in counseling depends, in part, on your motivation level, your particular goals, your unique experiences that led you to seek counseling and your therapist. It is a joint process that requires active effort during the actual sessions and at home.

Some clients need only a few sessions to meet their goals for treatment while others continue for an extended period of time. Counseling is not for everyone. If at any point you believe you are not making any gains or would like to discontinue with treatment, please let your counselor know. If you would like a referral for another counselor, we will gladly provide you with the name of another therapist if we know of one that would fit your specific needs. You may be discharged from treatment if you engage in physical violence, verbal abuse, carry weapons or engage in any illegal acts while in the offices.

Your sessions are private. No information regarding you or your situation will be shared with your relative, employer, school, etc., without your permission. This policy is very specifically defined in the Notices of Privacy Practices. Basically, there are some instances however, that information may need to be shared.

If you have intent to harm yourself or other people,

If abuse is suspected in the case of a child or dependent adult,

If a court order requires information.

You may contact your therapist by leaving a voicemail message at any time of the day. Messages are checked regularly and your call will be returned as soon as possible. You will need to remove any blocks on your phone to receive a returned

phone call. If you need to speak with someone immediately, you may speak with a counselor at Chester County Crisis Intervention at 610-618-2100. You may also call your physician, psychiatrist, 911 or go to an emergency department of the closest hospital.

Counseling sessions are typically 50 minutes in length. The session begins at the stated appointment time and ends 50 minutes after that stated time. Please arrive on time so that you are able to have the full 50-minute session. The fee is due and payable at the beginning of each session. If we accept your insurance plan, and you have a co-pay, that amount is collected at the beginning of the session as well. If you have a co-insurance, you will be billed monthly. If you have an Employee Assistance Program (EAP) that is accepted by this office, you may be entitled to free sessions. Please contact your EAP for specific information.

Individual sessions cost \$90. Couples counseling and family therapy cost \$115. Additional time and other services will be charged on a prorated basis. There are times when you may need to cancel or reschedule an existing appointment. We ask that you give us 24 hours' notice. If you miss an appointment without calling or giving 24 hours' notice, there will be a charge of \$50 that will be due prior to the beginning of your next session. There is a \$35 charge for returned checks. You may be discharged from treatment if you do not make payments or payment arrangements in a timely manner.

I consent to treatment and agree to the above stated policies.

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Signature of Client or Legal Guardian