

Treatment Agreement

The purpose of this document is for you to understand how therapy works and for us to agree on our roles. My role is to complete an evaluation and offer appropriate recommendations and treatment. Your role is to be honest in your answers to questions and to participate in the process with open discussions about your thoughts, feelings and behaviors. You are also expected to be at your appointments unless you give 24 hour notice and to deal with the financial part of treatment.

Therapy

It usually works this way:

- Initial sessions are used to gather information – this may include some testing.
- I will give feedback and make recommendations.
- If we continue to work together after a few initial sessions together we will decide on the goals/things you would like to work on.

Confidentiality

When you come to therapy our discussions are held in confidence. However, there are limits to what I can keep confidential. I am required to notify the appropriate parties (spouse, emergency person, legal authorities, etc.) that threaten your immediate safety. I will alert the appropriate people if:

- I am concerned that you will attempt to harm/kill yourself
- I am concerned that you are a physical threat to harm someone else
- I learn that you are being abused by anyone.

My records about your treatment are considered “privileged”. By Alabama law if you are 14 years or older they cannot be shared with anyone without your written permission. You have however signed on the intake forms that I can provide the basic information to your insurance company in order to get paid. I also am required to provide your file to the courts, with or without your permission, if I receive a court order signed by a judge.

Because I live in the same area as many of you, I may see you out and about. My general rule is to let you approach me first rather than putting you in position of having to explain who I am with someone you might not want to tell. I do not “friend” any clients on Facebook, Instagram, or other social media. I am not available for text messaging due to concerns about confidentiality and difficulty in keeping this in your records.

Ways to Contact Me

I do not have an on-call service. However, in case of emergencies, I am available by pager. Sometimes, though, you may wish to talk or tell me something, but it is not an emergency (although it may seem urgent). Other times, you may want me to know things but know you will forget by the next time we meet.

- You can phone me and leave a message (205-664-4010)
- You can email me (gbvance@shelbypsych.com)

However, you should know that any content you send in this manner is not encrypted so not completely secure or confidential. If you choose to communicate by email, be aware that all emails are retained in the logs of your and our Internet Service Providers.

Your responsibilities in Treatment

It is important that you are an active participant in your own treatment. I ask that you agree to be involved by:

1. Attending sessions (or letting me know when you can't make it)
2. Be actively involved during sessions
3. Voicing your opinions, thoughts and feelings honestly and openly (positive or negative)
4. Completing any assignments I may give
5. Experiment with new ways of doing things (see #4)
6. Take medication if and as prescribed
7. Implement a Crisis Response Plan (if/when needed)

Agreement

I have read and understood the above and agree to participate within these guidelines.

Patient

Date

Gaye B. Vance, Ph.D.

Date