



30800 Telegraph Road • Suite 1775 • Bingham Farms, MI 48025

P: 248.629.0709 • F: 248.645.1808 • E: mallory@schwartztherapy.com • W: www.schwartztherapy.com

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## INFORMED CONSENT

**Welcome to Schwartz Therapy + Wellness, P.C.!** We will provide a copy of this document for your personal records. Schwartz Therapy + Wellness, P.C. offers therapeutic counseling services for individual adults and children/adolescents, couples and families. Counseling/Psychotherapy involves the sharing of personal problems, concerns, and stories with a professional who is skilled at helping others come to a resolution or solution about their particular situation(s). Counseling is a relatively short-term, interpersonal, and theory-based professional activity. It is guided by ethical and legal standards that focus on helping persons resolve developmental issues, situational problems, and more complex personal and psychological diagnosis. The general goals in counseling/ psychotherapy are to identify current presenting issues, develop a plan of action, and then implement a plan of action to bring about healing and change. Counseling/psychotherapy also helps in identifying triggers to psychological symptoms and helps to find positive coping skills to alleviate or reduce the severity of said symptoms.

Mallory Schwartz is the owner/ therapist of Schwartz Therapy + Wellness, P.C.. She holds a Master's degree (MA) in counseling, is a Licensed Professional Counselor (LPC) with the State of Michigan, a National Board Certified Counselor (NCC) and a participating member of the American Counseling Association (ACA).

The State of Michigan requires counselors to adhere to a specific Code of Conduct that is determined by the Board of Counseling through the Michigan Department of Licensing and Regulatory Affairs Enforcement Division Allegation Section, P.O. BOX 30670, LANSING, MI, 48909, (517) 373-9196.

### OFFICE HOURS

Monday – Saturday, By Appointment Only

### INSURANCE POLICIES

Schwartz Therapy + Wellness, P.C. currently accepts most insurances including Michigan Medicaid. If your insurance is not accepted Schwartz Therapy + Wellness, P.C. will work with you on a cash pay rate. All session fees are collected before the start of each session and include co-pays and deductibles. Schwartz Therapy + Wellness, P.C. accepts cash, checks made out to *Schwartz Therapy + Wellness, P.C.*, most major credit/ debit cards, and Health Savings Account debit/ credit cards.

### PROFESSIONAL DISCLOSURE STATEMENT POLICY

Per Public Health Code (Exempt) Act 368 of 1978 Part 181 Counseling; you are to be provided with a copy of Mallory's Professional Disclosure Statement upon request.



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**FEES FOR SERVICE POLICIES**

Schwartz Therapy + Wellness, P.C.'s fees are based on 50- 90 minute sessions.

- Intake session (50-90 minutes): \$210.00
- Individual/ Family/ couple session (50 minutes): \$185.00
- Court Appearances (per day 1-8 hours): \$1,000.00
- School Appearances (per meeting, IEP, 504, etc.): \$150.00
- Medical Records: \$100.00

**24 HOUR CANCELLATION/ RESCHEDULING POLICIES**

Schwartz Therapy + Wellness, P.C. has a 24-hour cancellation/ rescheduling policy. If you miss your appointment, cancel, or change your appointment with less than 24 hours notice you will be charged \$150.00. This policy is in place out of respect for the therapist and clients if you do not adhere to the 24-hour cancellation/ rescheduling policy, your credit card will be charged. This is the only time our office will use your credit card information.

**CREDIT CARD POLICIES**

Your credit card information is required to obtain services with Schwartz Therapy + Wellness, P.C. Specifically, it will be used to satisfy the 24-hour cancellation/ rescheduling policy above should this occur. If you wish, this payment method can be used to fulfill any other financial responsibilities you may have while working with Schwartz Therapy + Wellness, P.C.. We store this document along with your file in a secured and locked area.

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

|                                |            |                  |          |
|--------------------------------|------------|------------------|----------|
| <b>Card Type:</b>              |            |                  |          |
| Visa                           | MasterCard | American Express | Discover |
| <b>Name on Card:</b>           |            |                  |          |
| <b>Billing Street Address:</b> |            |                  |          |
| <b>City/ State/ Zip:</b>       |            |                  |          |
| <b>Card Number:</b>            |            |                  |          |
| <b>Expiration Date:</b>        |            |                  |          |
| <b>Security Code:</b>          |            |                  |          |



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## **RECIPIENT RIGHTS- CONSENT TO TREATMENT**

Please understand that you have rights as a recipient of services, including confidentiality of your records and if required you can receive more information about your rights. You are consenting to mental health treatment as recommended by the therapist. Please understand that you will participate in the development of your treatment plan and that you are free to withdraw this consent and discontinue treatment at any time. The therapist may not say to a person outside the office that a patient attends therapy, or disclose any information identifying an individual as a patient, UNLESS:

- The patient consents in writing
- The disclosure is allowed by a court order
- The disclosure is made to medical personnel in a medical emergency or to qualified personnel for research, audit, or program evaluation
- The patient presents with homicidal or suicidal ideation

Violation of Federal law and regulations is a crime. Suspected violations may be reported to appropriate authorities in accordance with Federal regulations. Federal law and regulations do not protect any information about a crime committed by a patient either at the agency, against any person who works for the agency, or about any threat to commit such a crime. Federal regulations do not protect any information about suspected child abuse or neglect from being reported under State law to appropriate State or local authorities.

## **EMERGENCIES + POTENTIAL COUNSELING RISK**

Emergencies arise in people's lives. You can handle most emergencies. You are welcome to call or text Mallory of Schwartz Therapy + Wellness, P.C. at 248.629.0709 if you need an appointment. However, this is not a walk-in crisis center. In case of an emergency (suicidal ideation, homicidal ideation, anxiety attacks, etc.) please immediately go to your local hospital, call 911, or call the National Suicide Prevention Line at 1.800.273.8255.

As a result of counseling/psychotherapy, you may realize that there are additional issues that did not surface before the onset of counseling. This is an inherent risk in any counseling relationship. Also, couples, marriage, and family counseling may involve certain risks. As one person changes in a relationship, stresses and strains happen. These strains are a part of the counseling/psychotherapy process and are addressed within the counseling relationship.

## **COMMUNICATION POLICIES**

Please use the mallory@schwartztherapy.com email address to contact Mallory for administrative, appointment scheduling, and for general questions. Email communication is not entirely secure or confidential. Please do not send text messages, unless otherwise agreed upon for administrative reasons only. Mallory will not respond to other texting. Please do not text content related to our counseling sessions or assessments unless otherwise discussed. Text communication is not entirely secure or confidential.



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Any text messages received from you become a part of your legal record. It is the policy of Schwartz Therapy + Wellness, P.C. that Mallory will not follow any client on Twitter, Instagram, blogs, or other apps/websites. If there is content you wish to share from your online life, please bring it into our sessions where we can explore it together. Mallory of Schwartz Therapy + Wellness, P.C. does not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, etc.). Adding clients as friends on these sites can compromise your confidentiality and our therapeutic relationship.

**SOCIAL MEDIA**

Schwartz Therapy + Wellness, P.C. participates in social media! These accounts are for professional matters regarding Schwartz Therapy + Wellness, P.C. They are separate from any personal accounts held by clinicians. We invite you to find, follow, and friend Schwartz Therapy + Wellness, P.C. on these platforms:



Facebook: <https://www.facebook.com/schwartztherapywellness/>



Twitter: <https://twitter.com/SchwartzTherapy>



Instagram: <https://www.instagram.com/schwartztherapy>



Health Grades: <https://www.healthgrades.com/providers/mallory-schwartz-xymqtfb>

**By signing below, you agree that you have read, understand and agree with this document.**

**Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Thank you for your cooperation + understanding! "Small steps every day"**

**Warmly,**

**Mallory Schwartz, MA, LPC, NCC  
Owner/ Therapist of Schwartz Therapy + Wellness, P.C.**