

Weitman Psychological Services, P.C.

19995 SW Stafford Rd, Suite F
West Linn, OR 97068

Phone: (503) 684-1483
Email: drweitman@comcast.net

Psychologist-Patient Services Agreement

Before you begin treatment, it is important that you know what to expect as much as possible. The following document is about costs, your privacy rights, and the services that Weitman Psychological Services (WPS), P.C. provides. This document also contains information about privacy protections and patient rights with regard to the use and disclosure about your Protected Health Information (PHI). The law, among other things, requires that WPS obtains your signature acknowledging that WPS has provided you with this information. When you sign this agreement, it will represent an agreement between you and WPS. Please take your time and read this carefully. Thank you.

Dr. Garen Weitman

Dr. Garen Weitman is a Licensed Psychologist (Oregon #1767). She has a Doctor of Psychology Degree in Clinical Psychology (Psy.D.) from Pacific University School of Professional Psychology. She helps people with various mental health concerns. She currently treats adults, older adults, couples, and groups. Dr. Weitman has worked in many different settings including a community mental health center, a college counseling center, and a managed care system. She has conducted therapy for individuals, couples, and groups. She also has experience in doing psychological evaluations. If you have any questions about Dr. Weitman's training and/or education, please don't hesitate to contact her at 503-684-1483.

Nature of the Treatment

A plan for treatment will be jointly created based on your needs and goals. Together, you and Dr. Weitman will decide the type of treatment, for about how long and how often you should meet, and when and how your progress will be monitored. There are many different methods that may be used to address your presenting concerns. Please feel invited to bring up any needs, requests, concerns, or questions at any time. Remember that you always have the right to request changes in, or to refuse, treatment at any time.

Risks of Treatment

WPS strives to help people feel and do better, but change and success is never a sure thing. Many people benefit from their treatment with Dr. Weitman and psychological services can often lead to better relationships, solutions to specific problems, and symptom reduction. However, there are risks in treatment. As problems are discussed, individuals in treatment can experience emotional discomfort, changes in relationships, and temporary worsening of symptoms. Your problems may seem to get worse as new ways of thinking, feeling, or doing will be explored, which may affect others close to you. These difficulties may subside as treatment progresses. Dr. Weitman will try to work with you in minimizing these and other unpredictable risks. Please feel free to talk about these, as ultimately, you must be the judge of entering or continuing treatment.

Psychological treatment is a shared responsibility between the client and the psychologist. In order to do the best to help you, Dr. Weitman needs to know your honest thoughts and feelings. It calls for a very active effort on your part. If you are engaged in treatment, you may be asked to work on things both during sessions and outside the office. Most problems have solutions, so if you are experiencing problems with the treatment process, please let Dr. Weitman know immediately.

Alternatives to Treatment Here:

It is important for you to know that there are other ways to get help. There are county mental health agencies and psychiatric hospitals in the area, as well as other private practice mental health professionals. Psychological services often involve a commitment of time, money, and energy, so you should be careful about the provider you select. Please ask Dr. Weitman if you want to discuss these other options.

Making Appointments

Appointments are scheduled with Dr. Weitman directly. Dr. Weitman works Tuesday through Friday and hours vary. Please do not use email to cancel appointments (see the Email Policy in the next section of this document). You may leave a voicemail message for Dr. Weitman 24 hours a day, seven days a week at 503-684-1483.

Email Policy:

Email communications cannot be guaranteed the same privacy as other mediums. The reality is internet providers, some government agencies and malicious hackers may have access to anyone else's email account. In addition, you may mistype an email address and private clinical information could be sent to a stranger. For these reasons, while you may at times want to send a quick email to ask a question, WPS strongly urges you to avoid including sensitive personal or clinical information. This may include names, symptoms, diagnoses and the fact that you are a client. Such disclosures run the risk of breaching your own confidentiality. If you do not receive a reply to your email, please feel free to call Dr. Weitman and leave a message because email correspondence can be unreliable and/or slow. With your permission, WPS will send you reminders of your appointments via email.

Fees and Payments:

WPS always welcomes discussion of fees. The rates are listed in the Fee Agreement as a separate document. WPS bills some insurance companies, although it is suggested you verify benefits and obtain initial authorization from your insurance company. Dr. Weitman requests each client to pay the fee and/or co-pay at the beginning of each office visit. You are ultimately responsible for your entire balance regardless of whether insurance covers the cost of the session or not.

In addition to appointments held in the office, other services that are billed at the hourly rate include reporting writing, telephone consultations other than administrative/scheduling calls, consultation with other professionals at your request, preparation of records or treatment summaries, and the time spent performing or attending to any other service that you may request. If you become involved in any legal proceedings that require Dr. Weitman's participation, you will be expected to pay for all of Dr. Weitman's professional time, including preparation, travel time, and transportation costs, even if Dr. Weitman is asked to testify by another party. Because of the difficulty of legal involvement, the fee is \$250 per hour, payable in advance. WPS does not charge for brief phone calls (less than 10 minutes). Please remember that you are ultimately responsible for your entire balance. In some cases, WPS will do monthly billing, showing all charges and payments for the past month until your balance is paid. All past due balances will be charged 1% interest rate per month. Also, delinquent accounts may be turned over to collection agency, attorney, or court. The fee for returned checks is \$50.00, or the bank charges, whichever is greater. WPS has a billing specialist, Holly Kelly, who can be reached at 503-267-2111 or email: hmackelly@aol.com.

Cancellation Policy:

Please cancel all appointments with 24 hours advance notice so your scheduled time can be used by others seeking services. You may leave a message on Dr. Weitman's voicemail, even after hours. If you decide to use email to cancel or reschedule appointments, please follow up with a phone call if you do not receive a response from Dr. Weitman. If you do not cancel with 24 hours notice, with the exception of emergencies, you will be charged 50% of your usual and customary fee the first time and 100% thereafter. Insurance companies cannot be billed for missed appointments. The payment for the missed

appointments will be due in full prior to or at the time of your next appointment, together with the fee for that appointment.

Emergencies:

If you call and Dr. Weitman is not available, you may choose to call 9-1-1 or proceed to the nearest Emergency room or urgent care center. You may also choose to contact your medical group or primary care physician.

The Mental Health Assessment:

It WPS's philosophy that counseling is a joint effort. Your active participation is a key factor for a successful outcome. When treatment begins, Dr. Weitman will want to know about your concerns. This mental health assessment often involves learning about you, your family, and other relevant information and this process may last from 1-4 sessions. We may also agree that it would be helpful for Dr. Weitman to talk to other people in your life to help assist in your assessment and treatment (such as family members, doctors, and the person who referred you). If so, you will need to sign a "Release of Information" form which will clearly describe what information is needed and why.

