



## Therapy for Diverse Families

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Welcome to Therapy for Diverse Families! The following is provided to help you become acquainted with the way I work. Please take time to read it carefully. I will gladly discuss any of these items with you.

- ❖ Effective psychotherapy requires a good match between client and therapist. During our first session or two we will determine if I'm a good choice of therapist for you. If not, I will refer you to a therapist I believe can serve you better than I.
- ❖ Because I divide my time between private practice and other work, I'm not always available for crisis management. Clients who have frequent crises, or who need a lot of between-session therapist support, will be referred to therapists who are more available for that level of care.
- ❖ I assume you wish to begin therapy because you desire certain changes in your life. I will do my best to help you achieve your goals, but I cannot guarantee any particular result. You are likely to gain the most benefit from therapy if you are committed to the process and attend sessions regularly.
- ❖ Since biological factors can contribute to unwanted psychological distress, I may ask you about your health and diet. In some cases medical assessment and intervention is helpful and/or necessary. Some individuals benefit from a combination of psychotherapy and drug therapy.
- ❖ From time to time I may ask you to fill out various questionnaires. Please fill these out as best you can, it helps me learn important details about you without taking up extra session time.

### Session Fees

- ❖ My fee is \$125 per hour for individual or couples therapy and \$150 for family therapy. If this fee is out of range, we can discuss other payment options. I accept cash or check. Please make checks payable to Therapy for Diverse Families, LLC. Payment for therapy will be due at the end of each session. If you need to defer payment, or require a payment plan, we can discuss options.
- ❖ Please come prepared to pay with cash or check at the end of our session.

### Additional Fees

- ❖ **Cancellation Fee:** Appointment cancellations made after 24 hours of the scheduled appointment will be charged the full session fee. This charge may be waived if we can move your appointment to another time in the same week.
- ❖ **No-Show Fee:** If you do not show up for a scheduled appointment (that you hadn't canceled) you will be charged the full fee for the session. If you are inclined to forget appointments please let me know – I will arrange to e-mail or text you in advance to confirm your appointments.
- ❖ Phone consultations lasting more than 15 minutes will be charged at the hourly rate.
- ❖ If a check of yours is returned by the bank for insufficient funds, you will be responsible for reimbursing any bank fees charged to my account for your returned check.

### Scheduling

- ❖ I will make every effort to schedule your appointments at times that are convenient for you.
- ❖ Clients typically schedule 50-minute, 80-minute, or 105-minute sessions – one per week, or one every other week. The length and frequency of your sessions will be your decision. Longer sessions that are scheduled close together tend to result in the most efficient outcome.
- ❖ If you need to cancel or reschedule an appointment please give as much notice as possible. If you need to cancel or change your appointment, please call or text **908-313-4611**, or e-mail me at [michelenardellamft@gmail.com](mailto:michelenardellamft@gmail.com).
- ❖ Clients arriving late will be responsible for paying for the session time scheduled.

## Confidentiality

Except for certain situations, matters shared in therapy sessions will not be disclosed to anyone without your written permission. There are some exceptions to this:

- ❖ Therapists are legally required to report suspected abuse, neglect, or exploitation of a child, an elderly person, or a disabled person to the appropriate agency.
- ❖ Therapists have a legal and ethical obligation to warn appropriate authorities, family members, etc., when a client is seriously considering harming him/herself or others.
- ❖ Client case notes and records may be subject to subpoena when a client is involved in civil or criminal legal proceedings.
- ❖ Therapists may be required to release client information to an insurance company that is paying for the treatment. Many insurance companies will require documentation of a client's therapy progress before pre-approving additional sessions.

## Phone Calls, E-mails, Emergencies, and Between Session Support

- ❖ If you need to cancel or reschedule a session, or if you need to reach me right away, call or text at **908-313-4611**. If I don't answer, leave a message and I'll call you back within 24 hours.
- ❖ If you are having an urgent crisis and need immediate assistance, please **call 911 or go to your nearest Emergency Room**.
- ❖ I divide my time between private practice and other work. Clients who have frequent crises, or who need a lot of between-session therapist support, will be referred to therapists who are more available for that level of care.
- ❖ **E-mail guidelines:** You may e-mail me to make, cancel, or reschedule an appointment, to make brief reports about your progress, or to ask simple questions that can be answered in a few words. But deep therapy issues, questions, or crises will not be addressed by e-mail.

## Consent for Therapy

I, \_\_\_\_\_, give permission to Michele Nardella, LMFT, to provide psychotherapeutic treatment. I understand that services will be rendered in a professional manner, consistent with accepted ethical standards. By my signature I am affirming that the contents of this document have been satisfactorily explained to me.

Signature:

Date:

If psychotherapy services are not rendered in a professional and ethical manner, you may file a complaint with the New Jersey Association of Marriage and Family Therapists.