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About Psychotherapy: Psychotherapy requires a collaborative, continuous effort. Progress depends on many factors, including consistency, motivation, effort and life circumstances. Sessions are usually **55-90 minutes. Unless otherwise specified, I meet with clients once a week every week and that is the therapeutic expectation and recommendation for a minimum of 10-12 sessions.** Of course life happens and sometimes clients cannot meet for one week for emergency/vacation reasons, but that **cannot** be on a regular basis. Also, only signing this document does not mean you are a client of Dr. Mariella until you meet her for your first therapy session. Similarly, if you do not show for our session(s) and I do not hear from you via phone or email within 2 weeks of me reaching out for scheduling the following session, I will understand that you no longer wish to be my client and won't be able to guarantee the same spot we used to meet weekly/biweekly. Similarly, if you are not able to meet for more than 3 weeks in a row, I won't be able to guarantee our therapy spot.

Please initial here _____ to attest your read and understand this part (You understand that we meet once a week/biweekly for the entire duration of therapy, unless emergencies/vacation).

Fees: For **individual** therapy, services will be provided to you at a **rate of 250-375\$** from 55 to 90 minutes sessions respectively. For couples therapy, services will be provided to you at a **rate of 280\$-450\$** from 55 to 90 minutes sessions respectively. Intake sessions are 90 minutes. If we agreed on a discounted rate, be mindful that the fee might be discussed and revised in the future 3-6 months or sooner if your financial situation improved earlier than in 3 months.

Payment: Payment is due in full at the time of service. For in person appointments, the accepted payment modality is cash. For teletherapy apts only, I use Ivy. When using Ivy, I will be sending you a text message for you to register with Ivy and after that I will be charging your card right before or after each session.

Clinical Consultation: I strive to give you the best therapeutic experience. In order to do so, I challenge myself with engagement in constant training and, from time to time, reaching out for clinical consultation with colleagues. Consultation is a healthy, safe and typical practice among therapists/psychologists. In clinical consultations, your confidentiality is our main concern, we never share identifying information about our clients, but only clinical information useful for the consultation. Your identity or any identifying information will be kept confidential at all times, and my colleagues and myself are held responsible for your confidentiality. By signing this consent, you understand this consultation practice and give me permission to do so. If this is concerning to you, please let me know, I would love to talk to you about this further and find the best solution for you, as your feelings/thoughts matter to me, as well as your feeling supported and heard/seen by me. Again, with time I have noticed consultation is in the best interest of my clients' treatment, as they get the best treatment possible this way.

Insurance: Upon request and medical necessity, a monthly statement will be provided, for your use for insurance or tax purposes (Superbill).

Professional records: The laws and standards of my profession require that I keep treatment records. You are entitled to receive a copy of the records unless I believe that seeing them would be emotionally damaging, in which case I will be happy to send them to a mental health professional of your choice. I recommend that you review them in my presence so that we can discuss the contents. Patients will be charged an appropriate fee for any time spent in preparing information requests.

Late cancellation/Missed sessions: Missed and canceled sessions pose some issues for both of us. Therapy might be hard at times, especially when we start exploring a sensitive area of your life together. In those moments, it might feel easier to avoid the issue temporarily by not coming into session. I invite all my clients to share and talk about those difficulties intentionally in session rather than canceling sessions, as those are the essential parts of therapy. If cancellation is done mindfully (i.e. rescheduling same week/cancellation before 48 hrs or your next session), I support you and your need to take a little break once in a while. However, I hold your scheduled appointment time specifically for you and you only. I also see a limited number of patients so that I can give you the focus and attention you deserve. It is extremely difficult for me to fill your last minute canceled session or reschedule you the same week. Therefore, I **FULLY** charge for **missed and canceled** appointments **with less than 48 hours notice**.

EMDR/ Somatic approaches: I utilize EMDR therapy and somatic exercises with most of my clients. Even though there are usually no side effects to EMDR and somatic approaches (**yoga exercises , laughter yoga, dancing/shaking**), there are a few instances in which they might be contraindicated. For instance, EMDR/somatic approaches might not be indicated if you have history of or **current eye problems, a diagnosed heart disease or have a history of stroke, heart attack, seizures or if you have other limiting medical conditions that may put you at medical risk.** **EMDR is also not indicated if you are a witness and need to testify about the memory you are processing.** Due to stress related to reprocessing traumatic events, **pregnant** women should consider postponing EMDR therapy. Please initial here _____ (INITIAL) to attest your read and understand this part and understand it is your and your responsibility only to communicate with both Dr. Mariella or my care physician(s) before proceeding with EMDR therapy.

Newsletter: I love to keep my clients abreast of activities I run (workshops) that might interest them or resources they might benefit from. Would you like to receive my newsletter? If yes, please initial here _____

Fee Increases: I do raise my fees annually, to make up for the increases in my own expenses. I notify people in writing before the fee increases about a month in advance, via email. It is never my intention to make therapy inaccessible to my current clients and we can work together if my increases are causing you stress. My goal is to be able to continue to live and work in the Bay Area and to continue to be able to cover my own expenses without having to expand my caseload to a point where I am unable to provide quality care to each of my clients.

Confidentiality:

I strive to protect the confidentiality and privacy of everybody I work with. In general, law protects the privacy of all communications between a client and a psychologist, and I can only release information

about our work to others with your written permission. However, there are a few exceptions to confidentiality:

1. When a person is a danger to self or others.
2. When there is evidence to suggest that child/elder abuse/neglect has occurred.
3. Upon request of a court order.

Termination of individual therapy

Termination of psychotherapy may be initiated by a client at any time. At least one week notice, or more, is suggested so that a final session can be scheduled to explore the reasons for termination, summarize treatment, say goodbye, etc as this is often a constructive and useful process. Sometimes the same clients reach out to me in the future to work on something different/new issue and I am very happy to accommodate them, depending on my current availability.

Termination of couples therapy

Sometimes, couples break up during couples therapy, and sometimes that is sudden. I usually recommend 1-2 termination sessions, but that is not always possible. **As a rule, in my practice couples therapy work ends whenever the last couples session is held. I might also send to both of you an email to confirm you intend to end couples therapy, or you might send me a conjoint email to communicate the end of couples therapy, but couples therapy still ends with the last couples session.**

After the end of couples therapy, sometimes one (or both, depending on the circumstances) partners would like to continue individual therapy with me, and that is usually possible, especially if the partners completely separate and/or are honest with each other about their want to continue working with me. What we usually cannot do as therapists, for various clinical reasons, is to start individual work with one of those partners we used to see in couples therapy and then transitioning again to couples work with that same couple. If you ever wanted to start couples therapy again with me with that same partner I am now seeing individually, I have wonderful colleagues that I am sure you would love and would be able to help and, with your consent, I would be happy to consult with them to share the work we have done already.

By initialing here Partner 1 _____ Partner 2 _____ you confirm that you both understand and agree to these conditions and what ending couples therapy means/entails.

By signing, you acknowledge you have read and understood all the above information. Please feel free to ask any questions that you might have. I look forward to working with you!

Date _____

Name (printed)

Signature
