



Name: _____ Today's Date: _____

Address: _____ Date of Birth: _____

_____ Email: _____

Phone: CELL: _____ HOME: _____

Ok to leave messages: Y___N___ Ok to leave messages: Y___ N___

SSN: _____ Occupation: _____

(SSN required if you are using your health insurance)

Relationship Status: _____

Emergency Contact: _____

Name, Relation, Phone Number

-By providing this information you are authorizing therapist to contact this person in the case of an emergency-

Others living in your home (Name, Age, Relation): _____

Primary Care Physician: _____

Phone: _____ Fax: _____

Please describe your reasons for seeking treatment: _____

When did the issue arise, was there an event that made these issues surface: _____

What do you expect from therapy: _____

Please indicate and rate the issues you would like to work on in treatment:

1-Not an Issue 2-Mild Issue 3-Moderate Issue 4-Severe Issue

- | | | |
|---|---|--|
| <input type="checkbox"/> Depression | <input type="checkbox"/> Lack of Friends | <input type="checkbox"/> Reationship Issues |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Loneliness | <input type="checkbox"/> Sexuality/Sexual Issues |
| <input type="checkbox"/> Controlling Stress | <input type="checkbox"/> Problems Coping | <input type="checkbox"/> Family Conflict |
| <input type="checkbox"/> Loss of Loved One | <input type="checkbox"/> Abuse | <input type="checkbox"/> Behavioral Problems |
| <input type="checkbox"/> Problems at School | <input type="checkbox"/> Financial Problems | <input type="checkbox"/> Drugs/Alcohol |
| <input type="checkbox"/> Problems at Work | <input type="checkbox"/> Legal Matters: _____ | <input type="checkbox"/> Other Maladaptive |
| <input type="checkbox"/> Other _____ | _____ | Habit _____ |

Personal Medical History

Allergies (including food/medication): _____

Current Medications: _____

Past Hospitalizations/Surgeries/Major Medical Issues: _____

Date of Last Physical and Findings: _____

Are you currently being treated for medical issues: _____

LIFESTYLE/HABITS

	Amount Currently Using	Most Ever Used	When
Coffee (cups/day)	_____	_____	_____
Other Caffiene	_____	_____	_____
Cigarettes/Vaping	_____	_____	_____
Alcohol	_____	_____	_____
Drugs	_____	_____	_____

	Type(s)	Frequency
Current Exercise	_____	_____
Current Hobbies	_____	_____
Hrs/week at work	_____	_____

Do you have a history of blackouts, seizures, or withdrawals? (if yes, describe): _____

Have you ever received mental health/substance abuse treatment before: _____

Provider _____ Date first seen _____ Date last seen _____ medication (if applicable) _____

Family Medical History

Has anyone in your family had a serious medical illness-please explain:_____

Has anyone in your family had a mental health issue or mental illness:_____

Has anyone in your family had a substance abuse issue:_____

INFORMED CONSENT REGARDING PROVIDERS

This is intended to clarify the relationships of the providers in this office. The provider you are being treated by, Abby Withee, MFT, is an independent provider. She is not an employee of or partner in a group. Although the providers in this office share space, they are not partners, nor otherwise affiliated. Each provider in the office is independently licensed, carries their own business license, and do not practice together. **They are not responsible for one another's practice or clients.**

___ I have read the above and understand that Abby Withee, MFT is an independent provider.

___ The above has been explained to me by Abby Withee, MFT

Print Name

Date

Signature

CONSENT FOR TREATMENT AND CONFIDENTIALITY POLICY

Therapist

Abigail T. Withee, MFT, is a licensed Marriage and Family Therapist engaged in private practice providing mental health care services to clients directly and also as an independent contractor/provider for various insurance/managed care entities.

_____Initials

Policy Regarding Consent for the Treatment of a Minor Child

Therapist generally requires the consent of both parents prior to providing any services to a minor child. If any question exists regarding the authority of Representative to give consent for psychotherapy, Therapist will require that Representative submit supporting legal documentation, such as a custody order, prior to the commencement of services. Therapist is not a custody evaluator and will not make statements regarding custody or parent fitness.

_____ Initials

Risks and Benefits of Therapy

Therapy with a minor is usually most beneficial with participation of parents/caregivers. Psychotherapy is a process in which Therapist and Patient discuss a myriad of issues, events, experiences and memories for the purpose of creating positive change so Patient can experience his/her life more fully. It provides an opportunity to better understand oneself, as well as, any problems or difficulties Patient may be experiencing. Psychotherapy is a joint effort between Patient and Therapist. Progress and success may vary depending upon the particular problems or issues being addressed, as well as many other factors.

Participating in therapy may result in a number of benefits to Patient, including, but not limited to, reduced stress and anxiety, a decrease in negative thoughts and self-sabotaging behaviors, improved interpersonal relationships, increased comfort in social, work, and family settings, increased capacity for intimacy, and increased self-confidence. Such benefits may also require substantial effort on the part of Patient, including an active participation in the therapeutic process, honesty, and a willingness to change feelings, thoughts and behaviors. There is no guarantee that therapy will yield any or all of the benefits listed above.

Participating in therapy may also involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. The process may evoke strong feelings of sadness, anger, fear, etc. There may be times in which Therapist will challenge Patient's perceptions and assumptions, and offer different perspectives. The issues presented by Patient may result in unintended outcomes, including changes in personal relationships. Patient should be aware that any decision on the status of his/her personal relationships is the responsibility of Patient.

During the therapeutic process, many patients find that they feel worse before they feel better. This is generally a normal course of events. Personal growth and change may be easy and swift at times, but may also be slow and frustrating. Patient should address any concerns he/she has regarding his/her progress in therapy with Therapist.

Although you will be charged for the first session, keep in mind that the first session is an evaluation session, after which the therapist will determine whether it is appropriate to begin treatment or refer you to a more appropriate therapist or another venue of care.

_____Initials

Professional Consultation

Professional consultation is an important component of a healthy psychotherapy practice. As such, Therapist regularly participates in clinical, ethical, and legal consultation with appropriate professionals. During such consultations, Therapist will not reveal any personally identifying information regarding Patient.

_____Initials

Records and Record Keeping

Therapist may take notes during session, and will also produce other notes and records regarding Patient's treatment. These notes constitute Therapist's clinical and business records, which by law, Therapist is required to maintain. Such records are the sole property of Therapist. Therapist will not alter his/her normal record keeping process at the request of any patient. Should Patient request a copy of Therapist's records, such a request must be made in writing. Therapist reserves the right, under California law, to provide Patient with a treatment summary in lieu of actual records. Therapist also reserves the right to refuse to produce a copy of the record under certain circumstances, but may, as requested, provide a copy of the record to another treating health care provider. Therapist will maintain Patient's records for ten years following termination of therapy, or ten years after the patient turns 21. However, after ten years, Patient's records will be destroyed in a manner that preserves Patient's confidentiality.

_____Initials

Confidentiality

Discussions between a therapist and client are confidential. No information can be released without the client's signed consent/authorization, unless release of information is mandated by law. California state law mandates the reporting of actual or suspected child or elder abuse to the appropriate agencies. A therapist is mandated to report whenever s/he has knowledge of, or reasonably suspects, that a minor/child or elder has been physically abused, sexually abused, severely emotionally abused, or that the minor/child's or elder's health is endangered due to lack of medical care, food, clothing, shelter or supervision. Elder abuse also includes financial abuse and restriction of physical freedom. Child abuse also includes a client owning, using, or in any way engaging in child pornography.

It has also been legally mandated that if an individual intends to take harmful or dangerous action against another, it is the therapist's duty to warn the person and/or the family of the person who is likely to suffer the results of harmful behaviors; as well as to notify the police.

_____Initials

Payment

If you choose to use your insurance, it is your responsibility to check your benefits. Benefits will not be known fully until an explanation of benefits is received. In the event that benefits are quoted incorrectly or insurance does not reimburse for sessions, the financial responsibility is on the client and the client will be billed for the balance. _____Initials

Client or representative, _____, allows therapist, Abby Withee, MFT, to release the necessary information to client's insurance provider in order to bill for sessions and authorize continued sessions.

_____Initials.

Patient Litigation

Therapist will not voluntarily participate in any litigation, or custody dispute in which Patient and another individual, or entity, are parties. Therapist has a policy of not communicating with Patient's attorney and will generally not write or sign letters, reports, declarations, or affidavits to be used in Patient's legal matter. Therapist will generally not provide records or testimony unless compelled to do so. Should Therapist be subpoenaed, or ordered by a court of law, to appear as a witness in an action involving Patient, Patient agrees to reimburse Therapist for any time spent for preparation, travel, or other time in which Therapist has made him/herself available for such an appearance at Therapist's usual and customary hourly rate of \$150 an hour, this includes all preparation, drive, and wait time.

_____Initials

Psychotherapist-Patient Privilege

The information disclosed by Patient, as well as any records created, is subject to the psychotherapist-patient privilege. The psychotherapist-patient privilege results from the special relationship between Therapist and Patient in the eyes of the law. It is akin to the attorney-client privilege or the doctor-patient privilege. Typically, the patient is the holder of the psychotherapist-patient privilege. If Therapist received a subpoena for records, deposition testimony, or testimony in a court of law, Therapist will assert the psychotherapist-patient privilege on Patient's behalf until instructed, in writing, to do otherwise by Patient or Patient's representative. Patient should be aware that he/she might be waiving the psychotherapist-patient privilege if he/she makes his/her mental or emotional state an issue in a legal proceeding. Patient should address any concerns he/she might have regarding the psychotherapist-patient privilege with his/her attorney.

_____Initials

Therapist Availability

Therapist's office is equipped with a confidential voice mail system that allows Patient to leave a message at any time. Therapist will make every effort to return calls within 24 hours (or by the next business day), but cannot guarantee the calls will be returned immediately. Therapist is unable to provide 24-hour crisis service. In the event that Patient is feeling unsafe or requires immediate medical or psychiatric assistance, he/she should call 911, or go to the nearest emergency room.

_____Initials

NOTICE OF PRIVACY PRACTICES THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

I am required by law to maintain the privacy and security of your protected health information (“PHI”) and to provide you with this Notice of Privacy Practices (“Notice”). I must abide by the terms of this Notice, and I must notify you if a breach of your unsecured PHI occurs. I can change the terms of this Notice, and such changes will apply to all information I have about you. The new Notice will be available upon request, in my office, and on my website. Except for the specific purposes set forth below, I will use and disclose your PHI only with your written authorization (“Authorization”). It is your right to revoke such

Authorization at any time by giving me written notice of your revocation.

Uses (Inside Practice) and Disclosures (Outside Practice) Relating to Treatment, Payment, or Health Care Operations Do Not Require Your Written Consent. I can use and disclose your PHI without your Authorization for the following reasons:

1. For your treatment. I can use and disclose your PHI to treat you, which may include disclosing your PHI to another health care professional. For example, if you are being treated by a physician or a psychiatrist, I can disclose your PHI to him or her to help coordinate your care, although my preference is for you to give me an Authorization to do so.
2. To obtain payment for your treatment. I can use and disclose your PHI to bill and collect payment for the treatment and services provided by me to you. For example, I might send your PHI to your insurance company to get paid for the health care services that I have provided to you, although my preference is for you to give me an Authorization to do so.
3. For health care operations. I can use and disclose your PHI for purposes of conducting health care operations pertaining to my practice, including contacting you when necessary. For example, I may need to disclose your PHI to my attorney to obtain advice about complying with applicable laws.

Certain Uses and Disclosures Require Your Authorization.

1. Psychotherapy Notes. I do keep “psychotherapy notes” as that term is defined in 45 CFR § 164.501, and any use or disclosure of such notes requires your Authorization unless the use or disclosure is:
 - a. For my use in treating you.
 - b. For my use in training or supervising other mental health practitioners to help them improve their skills in group, joint, family, or individual counseling or therapy.
 - c. For my use in defending myself in legal proceedings instituted by you.
 - d. For use by the Secretary of Health and Human Services to investigate my compliance with HIPAA.
 - e. Required by law, and the use or disclosure is limited to the requirements of such law.
 - f. Required by law for certain health oversight activities pertaining to the originator of the psychotherapy notes.
 - g. Required by a coroner who is performing duties authorized by law.
 - h. Required to help avert a serious threat to the health and safety of others.

2. Marketing Purposes. As a psychotherapist, I will not use or disclose your PHI for marketing purposes.

3. Sale of PHI. As a psychotherapist, I will not sell your PHI in the regular course of my business.

Certain Uses and Disclosures Do Not Require Your Authorization. Subject to certain limitations in the law, I can use and disclose your PHI without your Authorization for the following reasons:

1. When disclosure is required by state or federal law, and the use or disclosure complies with and is limited to the relevant requirements of such law.
2. For public health activities, including reporting suspected child, elder, or dependent adult abuse, or preventing or reducing a serious threat to anyone’s health or safety.
3. For health oversight activities, including audits and investigations.
4. For judicial and administrative proceedings, including responding to a court or administrative order, although my preference is to obtain an Authorization from you before doing so.
5. For law enforcement purposes, including reporting crimes occurring on my premises.
6. To coroners or medical examiners, when such individuals are performing duties authorized by law.
7. For research purposes, including studying and comparing the mental health of patients who received one form of therapy versus those who received another form of therapy for the same condition.
8. Specialized government functions, including, ensuring the proper execution of military missions; protecting the President of the United States; conducting intelligence or counter-intelligence operations; or, helping to ensure the safety of those working within or housed in correctional institutions.

9. For workers' compensation purposes. Although my preference is to obtain an Authorization from you, I may provide your PHI in order to comply with workers' compensation laws.

10. Appointment reminders and health related benefits or services. I may use and disclose your PHI to contact you to remind you that you have an appointment with me. I may also use and disclose your PHI to tell you about treatment alternatives, or other health care services or benefits that I offer.

Certain Uses and Disclosures Require You to Have the Opportunity to Object.

1. Disclosures to family, friends, or others. I may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations. **YOUR RIGHTS YOUR REGARDING YOUR PHI** You have the following rights with respect to your PHI: 1. The Right to Request Limits on Uses and Disclosures of Your PHI. You have the right to ask me not to use or disclose certain PHI for treatment, payment, or health care operations purposes. I am not required to agree to your request, and I may say "no" if I believe it would affect your health care.

2. The Right to Request Restrictions for Out-of-Pocket Expenses Paid for In Full. You have the right to request restrictions on disclosures of your PHI to health plans for payment or health care operations purposes if the PHI pertains solely to a health care item or a health care service that you have paid for out-of-pocket in full.

3. The Right to Choose How I Send PHI to You. You have the right to ask me to contact you in a specific way (for example, home or office phone) or to send mail to a different address, and I will agree to all reasonable requests.

4. The Right to See and Get Copies of Your PHI. Other than "psychotherapy notes," you have the right to get an electronic or paper copy of your medical record and other information that I have about you. I will provide you with a copy of your record, or a summary of it, if you agree to receive a summary, within 30 days of receiving your written request, and I may charge a reasonable, cost based fee for doing so.

5. The Right to Get a List of the Disclosures I Have Made. You have the right to request a list of instances in which I have disclosed your PHI for purposes other than treatment, payment, or health care operations, or for which you provided me with an Authorization. I will respond to your request for an accounting of disclosures within 60 days of receiving your request. The list I will give you will include disclosures made in the last six years unless you request a shorter time. I will provide the list to you at no charge, but if you make more than one request in the same year, I will charge you a reasonable cost based fee for each additional request.

6. The Right to Correct or Update Your PHI. If you believe that there is a mistake in your PHI, or that a piece of important information is missing from your PHI, you have the right to request that I correct the existing information or add the missing information. I may say "no" to your request, but I will tell you why in writing within 60 days of receiving your request.

7. The Right to Get a Paper or Electronic Copy of this Notice. You have the right get a paper copy of this Notice, and you have the right to get a copy of this notice by e-mail. And, even if you have agreed to receive this Notice via e-mail, you also have the right to request a paper copy of it. **HOW TO COMPLAIN ABOUT MY PRIVACY PRACTICES** If you think I may have violated your privacy rights, you may file a complaint with me, as the Privacy Officer for my practice, and my address and phone number are . You can also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by:

1. Sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201; 2. Calling 1-877-696-6775; or, 3. Visiting www.hhs.gov/ocr/privacy/hipaa/complaints. I will not retaliate against you if you file a complaint about my privacy practices.

EFFECTIVE DATE OF THIS NOTICE This notice went into effect on January 1, 2016.

I have read this NOTICE OF PRIVACY PRACTICES and have received a copy.

Patient Name (please print)

Signature of Patient (or authorized representative)

Date