



Nature Reconnect Therapy Agreements

This document is intended to provide you with information and seek agreement on the expectations of our working relationship together. This is not an exhaustive review of all variables and issues so please feel free to ask questions for clarification or request an amendment to be added.

About Psychotherapy

Therapy is a professional relationship between therapist and client in a collaborative process that inspires the client to actualize their potential. This professional relationship is designed to facilitate the development of personal goals and healing. However, the achievement of these goals and relief is not guaranteed. While therapy is meant to be helpful, it can often invoke uncomfortable or painful feelings. It is expected that one will have a variety of thoughts and feelings over the course of time enrolled in Nature Reconnect Therapy.

For Group Therapy: Group Therapy does not necessarily substitute for an individual psychotherapist or psychiatrist if that is what is indicated for an individual's mental health. If you are in need of additional therapeutic services, it is your exclusive responsibility to seek such services. If you are currently under the care of a mental health provider, it is recommended that you share the nature and extent of your group therapeutic experience. I will be happy to collaborate with said practitioner if a release of information is obtained.

Client Rights

- You can terminate services at any time.
- In a professional relationship such as ours, sexual intimacy or behavior by either party is never appropriate.
- Generally speaking the information you share with me will be held in confidence. No contents of therapy sessions will be shared with another

party without your written consent or the written consent of your legal guardian. There are exceptions to this confidentiality, such as:

- A court order or government request of information. If a legal exception arises, if feasible, you will be informed accordingly.
- If you disclose a plan or threat to harm yourself, the therapist must attempt to notify your family and notify legal authorities. In addition, if you disclose a plan to threaten or harm another person, the therapist is required to warn the possible victim and notify legal authorities.
- If you disclose, or it is suspected, that there is abuse or harmful neglect of children or vulnerable adults (i.e. the elderly, disabled/incompetent), the therapist must report this information to the appropriate state agency and/or legal authorities.
- Therapists must report any admitted prenatal exposure to controlled substances that could be harmful to the mother or the child.
- Parents or legal guardians of non-emancipated minor clients have the right to access the clients' records.
- Insurance companies and other third-party payers are given information that they request regarding services to the clients.
 - The type of information that may be requested includes: types of service, dates/times of service, diagnosis, treatment plan, description of impairment, progress of therapy, case notes, summaries, etc.

Appointments

Sessions usually occur on a weekly basis, but may be scheduled more or less frequently depending on personal or financial needs. Sessions last for 50-60 minutes.

It is difficult to determine how long our professional relationship will last. Periodically reviewing our work will help to know either how to continue our work together effectively or if it is called for to work towards termination.

Your participation is voluntary and you may terminate at any time. Because difficult feelings often arise in the course of self development, I encourage you to discuss these issues with me, regardless of the decision to continue or not.

Fees

My current fee is \$110 for a 50-60 minute session. I may occasionally raise this fee, with a month's notice, and we can reevaluate together.

Should we need to talk on the phone, text, or email between sessions, time spent on logistical issues will not be an additional fee. However, if involving counseling services, time spent will be charged by the minute as prorated from the 60 minute fee of \$110.

If you should require a reduced fee there is a sliding scale, and all you need do is ask and we will have a discussion of how to meet your needs.

Please understand that if there is an outstanding payment for more than one session, additional sessions will be put on hold and I will be unable to hold your regular time slot.

Cancellations and Lateness

I will reserve our agreed upon regular time slot(s) during the week. Should you need to cancel a session, you will not be charged outside of 24 hours notice before this agreed upon time. If cancellation happens within 24 hours of a scheduled session, you are responsible for full payment.

If you are late to a scheduled time, I will wait for 15 mins and if at that time you are not present, you will be asked to reschedule and to pay the session fee in full.

If you arrive within the 15 minute window, our session will be kept to the scheduled window of time without an extension.

If you are not able to make a session because of illness or unforeseen circumstances, it may be possible to arrange a Zoom or phone call in place of our regular session.

Contacting me

The best way to contact me is by text or phone through my Google Voice number: (831) 200-4244 or by email at natureconnecttherapy@gmail.com. I will make every effort to return your contact within 24 hours during regular business hours, with the exception of weekends and holidays. If I take time off, I will discuss this with you to give ample time to prepare other resources of support in my absence.

Please be aware that there is an inherent risk of confidentiality and possible miscommunications with the use of telecommunications. By signing this agreement you take responsibility for these risks and your response. Please follow up for clarification if you do have an adverse reaction to information communicated via technology.

Emergencies

If a mental health emergency arises, it is advised that you contact the 24-hour Emergency Services Psychiatric Crisis Line at (303) 447-1665. If a physical health emergency arises, dial 911. Although I am not always immediately available by telephone, you may call and leave a message for me and I will contact you as soon as possible to support you within my capacity as a counselor.

Limitation of Liability

You are solely responsible for your own physical, mental and emotional well-being. This includes the decisions, choices, actions and results arising out of the therapeutic relationship. In no event shall I be held liable for any direct or indirect results nor actions or inactions arising out of services provided. If any errors occur in information provided, Nature Reconnect Therapy will not be held liable.

[These terms will be governed by and interpreted in accordance with the laws of California of the United States of America, and you submit to the non-exclusive jurisdiction of the state and federal courts located in the United States of America for the resolution of any disputes.]

There are no guarantees or warranties of any kind with respect to the therapy services agreed upon. In no event will I be liable to you for any direct or indirect damages incurred during a session or outside of a session. This Agreement supersedes all prior written and oral representations. This Agreement may not be amended, altered or supplemented except in writing signed by both you and I.

If a dispute arises out of this Agreement that cannot be resolved by mutual consent, I ask that you agree to attempt to mediate in good faith for up to 30 days after notice given. If the dispute is not resolved, and in the event of legal action, the prevailing party shall be entitled to recover attorney's fees and court costs from the other party. If any provision of this Agreement shall be held to be invalid in court, the remaining provisions will continue to be valid and enforceable.

