

Growing Harmony Services, LLC
Linda Tremblay, MA, LCMHC, MLADC
Offices Located: Dover & Pittsfield, NH
Mailing Address: PO Box 274, Northwood, NH 03261
603-661-7345 www.lindatremblaytherapy.com

INFORMED CONSENT

***CONFIDENTIALITY** - Services provided are confidential and protected by federal law (42CFR2) which prohibits its recipient from making any further disclosure of it without the specific written consent of the person to whom it pertains. A general authorization for release of medical or other information is NOT sufficient for this purpose. As the consumer you have the right to confidentiality.

***DUTY TO PROTECT OR WARN** - I believe that someone I am working with is in serious danger of harm to self or others, I am obligated to act to protect or warn that individual. This would include: suicidal or homicidal intent, suspected child or elderly neglect and/or abuse.

***CLIENTS RIGHTS** - You have the right to treatment and services regardless of your race, color, age, gender, sexual orientation or religious affiliation. See Client Rights Sheet for additional rights.

***INAPPROPRIATE CONTACT** - The State of NH Ethical Standards require me to inform you that our relationship is that of counselor/consumer. In appropriate physical contact is prohibited. I will not engage in a dual relationship with you.

***GRIEVANCE** - As a client you have the right to ethical, appropriate treatment. I am committed to providing high quality services. You are encouraged to discuss any concerns or complaints with me. If you are not satisfied you may contact the STATE of NH licensing alcohol drug board or the STATE of NH Board of Mental Health Practice.

***HONESTY COMMITMENT** - As your counselor, I agree to give you professional evaluations and treatment. As the consumer, you agree to provide me with accurate information.

***EMERGENCY** - I do not carry a pager. In case of an emergency call 911 or go to your local hospital emergency room to get a crisis mental health risk assessment. My contact number is 603-661-7345. I will get back to you in a timely manner, within 24 hours.

***THEORETICAL FRAMEWORK** - My counseling approach is individualized to the client's needs focussing on strengthening resources, solution focussed working toward the treatment goals, using behavioral and cognitive approaches, clinical hypnotherapy, breathwork, EMDR (eye movement desensitizing reprocessing) as well as relational and holistic counseling approaches.

***ADDITIONAL FEES** - Copies of records will be charged \$.15 pp. If I am subpoenaed or requested to attend court my hourly fee (\$120/hr) will be charged plus travel expenses. Mileage is charged at \$.50 a mile. Telephone contact over five minutes will be billed in fifteen minute increments at \$30 per fifteen minutes; \$55 per thirty minutes; \$80 per forty-five minutes. Phone sessions will not be submitted to insurance companies. A five minute or less telephone conversation will be complimentary once a month.

***APPOINTMENTS** - Insurance individual sessions will be forty-five minutes long unless otherwise agreed upon. Non-insurance individual sessions will be a fifty-five minute hour or the one hour and twenty minute session. My rates are:

55 minutes, hour session - \$120 Add'l 25 minutes - \$55
80 minutes, extended session (hypnotherapy or EMDR)-- \$175

***PAYMENT** - Payment of services is expected at the time of service. Scheduled appointments are reserved for you alone. **Therefore, if you need to cancel an appointment, please provide 24 hours notice, otherwise, you will be charged for the session.** Please note that insurances DO NOT cover cancelled appointments.

***SUPERVISION/CONSULTATION** - As a licensed psychotherapist I have regular supervision/consultation with professional colleagues. I may consult with my colleagues in the best interest of your treatment. Identifying information will be kept confidential. The professionals will also adhere to confidentiality.

***ELECTRONIC COMMUNICATION/SOCIAL MEDIA** - Emailing and texting is not confidential communication. I will use email or texting for appointment scheduling only with your permission. Facebook and other social media will not be used.