



Erica Thomas, M.A., LMFT
Licensed Marriage and Family Therapist #77166

INFORMED CONSENT AND PRACTICE POLICIES

This document provides an explanation of therapeutic services. The intention is to enable you to make informed and autonomous decisions regarding the therapy process.

Qualifications

My name is Erica Thomas. I currently hold a bachelor's degree (BA) from Smith College in Psychology. I have a Masters (MA) in Counseling Psychology from the California Institute of Integral Studies (CIIS). My title is Licensed Marriage and Family Therapist.

Course of Treatment

The therapeutic process can open levels of consciousness and may cause feelings of discomfort, sadness, guilt, anxiety, anger, pain, frustration, loneliness and / or helplessness. In some cases, important life decisions are made, in other traumatic events surface. This process of growth and self-realization can cause significant impacts on employment, lifestyles and relationships. Mental health services are inexact sciences, we make no guarantees regarding the results.

The termination of the therapist-client relationship can occur in several different contexts, but it is important to be prepared for a termination phase from the start of treatment. You can choose to terminate therapy at any time. You have the right to expect that the relationship will be terminated when you have realized the maximum benefit from it, or have achieved the objectives that are made at the beginning.

If you or your therapist determine that you are receiving no benefit from treatment, any of you can choose to start discussing treatment options. Treatment options may include, among other possibilities, referrals, change in your treatment plan, or termination of therapy.

Sessions are generally scheduled in increments of 50 minutes once a week. It is important for the efficacy of treatment that you attend therapy sessions on a consistent basis. If you have circumstances that prevent you from attending your appointments consistently, **please contact me immediately. If you are more than 20 minutes late for an appointment we may need to reschedule. If you must cancel an appointment, please contact me at 707-206-8698 at least 24 hours in advance. Cancellations with less than 24 hours notice may be charged at the regular rate.** I reserve the right to terminate the relationship if you miss 2 consecutive appointments without 24 hours notice.

Pricing and payment

Payment is due at the time of providing the service. The your rate for a **50 minute appointment will be \$150.** If you have Insurance with Mental Health coverage, please bring all documents to the first appointment. Checks returned for insufficient funds may be subject to an additional charge. There may be additional charges for services outside the Therapy hour, for example writing letters, phone calls, ecetera. You will always receive notification of any additional charges before they occur. If you are subject to excessive financial stress, you can request a rate adjustment, I do have sliding scale rates available on a limited basis.

