

Arrowhead Psychological & Behavioral Sciences, LLC

1501 14th Street West Ste. 230

Billings, MT 59102

406-294-9510

Therapy Information Sheet

Confidentiality: Confidentiality is essential to the development of the therapy relationship. The information you share with your therapist is held in the strictest confidence and may not be released to anyone without your written consent. There are a few exceptions to this, which are regulated by State law. For example, in cases of reported abuse to children, elderly or disabled, or if a person poses a danger to her/himself or someone else, your therapist is **mandated** by law to report this information to the proper authorities. Information subpoenaed by a valid court order is not subject to confidentiality. In addition, some insurance companies require treatment information including diagnosis, and in some cases information about presenting symptoms and treatment planning. It is also appropriate for your therapist to discuss your care with professional colleagues for consultation, supervision, and coordination of care. Please discuss any questions you have about confidentiality with your therapist.

When signing a consent to release information, you are encouraged to discuss the amount, type, and purpose of information to be discussed with your therapist. This allows you to maintain the highest level of confidentiality possible.

Fees/Billing: Each client is responsible for managing the finances of the therapy relationship. Fees are standardized within our agency. Your health insurance may cover all or part of the fees and we will work with you to facilitate the exchange of information with your insurance company for payment. You should contact your health insurance company or consult with your therapist for additional information. Each client is responsible for payment for services rendered the day of the appointment.

- 50-60 minute therapy session \$100.00
- Late Cancel/No-Show \$100.00

Insurance does not typically cover the Late Cancel/ No Show fee, which means that it is essential for you to cancel your appointment at least 24 hours in advance to avoid this charge.

Scheduling: Scheduling of appointments is based on the ongoing planning that you do with your therapist. As a general rule, appointments are scheduled in advance. Keeping appointments is extremely important to the developing and maintaining a therapy relationship. You are encouraged to resist the urge to cancel or reschedule appointments except in extreme circumstances. As in other types of health care, regular appointment help to insure that you are getting the most possible benefit from therapy.

Phone calls: Instructions for emergency calls are given on the outgoing message for Arrowhead Psychological & Behavioral Sciences, LLC (406) 294-9510. Your local emergency room or law enforcement agency can provide emergency help if the crisis is acute. Scheduling and canceling of appointments are handled through the same number. You may leave a message on the answering machine to cancel appointments. Please include your name, your therapist's name, the appointment time, and a contact phone number.

Risks and Benefits: Therapy is considered to be a safe and effective treatment for a wide range of mental health concerns. Some of the benefits include reduction of symptoms, development of coping and problem solving skills, providing support during intense emotional times, and facilitating the creation of healthier relationships. Risks can include initial increases in emotional tension or discomfort and changes may occur that affect relationships. If these become too distressing, please discuss them with your therapist. Alternatives to psychotherapy include no treatment or medication therapy. Medication may be an option for assistance with managing the physiological or medical problems associated with mental health concerns. The therapist you work with can assist you with a referral for psychiatric consultation if needed.