

Steven D. Gary, MA
Licensed Mental Health Counselor
LH00003736, State of Washington

This document tells you about our relationship and myself. The state requires that counselors disclose relevant information to prospective clients so that the agreement to begin a therapeutic relationship is preceded by informed consent. I heartily support that.

Mode of Therapy

I work from a foundation of compassion, sensitivity, caring, respect, a calm presence, and the intent to give you a safe place to explore yourself.

I use a variety of methods and techniques to help you feel more comfortable being yourself in relationships. I'll help you discover beliefs and values that could be hindering you from being all you can in relationship to yourself and important people in your life. I consider the body, mind and soul to be connected in many ways. Taking an integrated approach to your healing is important to me. I specialize in integrating spirituality into everyday living.

If you don't like my words or methods, please let me know. If you are still unsatisfied you are free to leave anytime. Aside from our agreed upon fee for service, I want nothing from you but your own self-improvement. Stay only if you feel benefited.

Background and Education

My experience in human relationship work began in 1981 as a VISTA volunteer where I received my first training in community organizing and empowerment. I've had several positions as a leader of environmental, political and spiritual organizations. I consider myself to be philanthropist in giving volunteer time and donations to organizations that help heal society from discrimination in healthcare, social and environmental justice and spiritual equanimity. I am a daily practitioner of Raja Yoga, an integrated approach to Self-realization. In June 2006 I will have completed my certification in Geriatric Mental Health from the University of Washington. I will also be certified as a trainer in Interplay, a playful improvisational art form. On top of all that I perform as a *Sacred Clown* in healthcare settings and just about anywhere else! My formal education includes Masters Degrees in Geology and Applied Behavioral Sciences with several post graduate trainings.

Appointments, Fees, and Payment

It is important to me that you realize that my livelihood depends upon my fees for services and time in my office doing related work for you. **It is therefore my policy to require that all cancellations be at least 24 hours in advance or you will be charged my full fee for service out of pocket. For Group Therapy you are responsible for the full fee whether you are present or not.** This includes those people who are insured because insurance does not cover missed sessions. I do allow exceptions for individual therapy if you are sick and need to stay home.

For insurance or managed care payments, please notice that no payment is guaranteed by them until the claim is reviewed and paid. **If the insurance or managed care company refuses payment you are responsible for the balance of the reimbursement.** Also note that in order for me to be paid for treatment services I must disclose certain medical information about you. By signing this document you are giving permission to me to give that information if requested by your insurance company.

My fees for service are:*

- \$95 per individual 50-minute session.
- \$105 per couple 50-minute session.
- \$150 per couple 80-minute session.
- \$180 per month (four 90-minute sessions) group therapy.

* \$10 processing fee for insurance claims.

Confidentiality

I abide by the Department of Health regulations on confidentiality and professional conduct. According to law, you have the right to refuse treatment and choose your mental health provider that suits your needs. If you decide to terminate services with me, I request that you let me know before our last session so that we can have a meaningful closure. All information between us is kept confidential unless there is potential suicide behavior, threatened harm to another person, suspected child abuse, or court order. All other information would only be released with your written consent. I do consult with other professionals on a regular basis. Information discussed during these consults is for purposes of treatment planning and will remain confidential. If you use insurance, you do surrender some of your rights to confidentiality as the insurer reserves the rights to an audit and access to your case notes.

State Law

Along with this document you will receive another document explaining your legal rights as to use of your protected health information. I encourage you to read it over so that you understand your legal rights about our relationship. Feel free to ask me any questions at any time about our agreement. Thank you for taking the time to read and understand this document.

Client Acknowledgment

Please acknowledge that you understand this document by signing below.

Your Signature

Date

Steven D. Gary, MA, LMHC