

INFORMED CONSENT FOR RAPID RESOLUTION THERAPY TREATMENT

Welcome to Rapid Resolution Therapy with Dr Alan P. Bader, PhD. This document contains important information about our professional services and business policies. Please read it carefully and ask Dr. Bader if you have any questions.

PSYCHOLOGICAL SERVICES

Psychotherapy can have benefits and risks. Because it often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. Psychotherapy has also been shown to have benefits, often leading to better relationships, solutions to specific problems, and significant reductions in distress. However, there are no guarantees of what you will experience.

Dr. Bader does not provide long-term therapy, crisis intervention or emergency treatment. Most mental health professionals provide these services. You are advised to seek another provider if you think you would need and/or benefit from these services

No records kept would be of any value in legal proceedings nor would our impressions be of value to other health professionals or mental health professionals. Dr. Bader will not provide written or verbal reports to attorneys, health professionals, mental health professionals, health insurance companies or anyone else. All sessions may be video and/or audio recorded. These recordings will only be used by Dr. Bader for professional learning purposes and will be treated with the highest level of privacy protection.

BILLING AND PAYMENTS

Treatment sessions are typically 3 hours long. Once an appointment is scheduled, we expect you to keep it. Our policy is to charge \$100 for missed sessions or for sessions cancelled within 24 hours of the scheduled appointment. Payment for each session is due at the time of service via electronic transfer. If you have insurance that covers mental health a receipt will be provided for you to submit. Please be advised that most insurance companies will not cover three-hour sessions.

CONFIDENTIALITY

In general, the privacy of all communications between a patient and a therapist is protected by law, and your therapist cannot share your private information with others without your written permission. There are a few important exceptions:

- A judge/court may order information from your therapist if they determine that the issues demand it.
- If your therapist believes that a child, elderly, or disabled person is being abused, they may be mandated to file a report with the appropriate state agency.
- If your therapist believes that a patient is threatening serious bodily harm to another, they may be mandated to take protective actions, including notifying the potential victim, contacting the police, or seeking hospitalization for the patient.
- If a patient threatens harm to self, the therapist may be obligated to seek hospitalization for the patient or to contact family members who can help provide protection.

- All clinical interventions designed to treat emotional and behavioral issues come with some degree of risk and results cannot be guaranteed.

ELECTRONIC MEDIA POLICY

The confidentiality of information you decide to share over email or text cannot be fully protected or guaranteed. If you choose to accept texts or emails from your therapist precautionary steps to protect your privacy/confidentiality will be in place but cannot be guaranteed.

- **By signing below, you acknowledge that you have read and understand the above statements.**
- **Print Name** _____
Signature _____
Date _____