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Disclosure And Practice Policies Statement

Professional Information

I am a Washington State License Mental Health Counselor Associate (#60354184). I earned my Masters in Counseling Psychology, Licensed Professional Counselor Track from Regis University. I received my Bachelors in Philosophy from the University of Arizona.

Client Information

As a client, you are entitled to ask and receive information about my methods of therapy and techniques used if any. As a client, you may seek a second opinion, at client's expense, and may terminate therapy at any time. In a professional relationship, sexual intimacy between therapist and client is never appropriate and should be reported to the grievance board. If you have a complaint about the services I provide that we cannot work out together, you may contact Health Professions Quality Assurance, Customer Service Center, PO Box 47865 Olympia, WA 98504.

Information shared between client and therapist is legally confidential and cannot be disclosed without your written consent. However, as my client you need to know, that it is the law and my policy only to accept clients who waive confidentiality under the following circumstances:

- If I determine that you are a danger to self or others.
- If there is suspicion of child or elder abuse or neglect.
- If you provided written consent to release specific information.
- If a court of law issues a subpoena or if you are involved in criminal proceedings.

Psychotherapy Services

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and client, and the particular issues you are bringing to therapy. There are many different methods I may use to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we

talk about both during our sessions and at home.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience.

Meetings & Fees

My fee for services is \$100.00 per fifty-minute session. Unless previous arrangements have been made, you are responsible for full payment at the time of each session.

Contacting Me

I am often not immediately available by phone. When I am with clients or out of the office, my phone is answered by voice mail. I will make every effort to return your call on the same day you made it, with the exception of weekends, holidays and messages left after 5pm. If your schedule limits your availability, please inform me of some times when it is best to contact you.

In the event of an emergency please call:

- **Crisis Clinic at 206.461.3222**
- **Call 911 or**
- **Proceed immediately to the nearest emergency room.**

Cancellations

Since my time has been scheduled specifically for you, there is a full fee charge for cancellations made less than 24 hours in advance (emergencies excluded).

**Please note that any additions or exceptions to these policies will be indicated below.*

If you have any questions at any time or would like additional information, please feel free to ask.

I have read the preceding information and I understand its content and significance, and agree to participate in treatment.

Client Name (Printed)

Date

Client Signature

Date

Guardian Name (Printed) (if applicable)

Date

Guardian Signature (if applicable)

Date

**The following are exceptions to the above policies:*

