

# **TOM THURSTON, MFT**

## **GENERAL INFORMATION, PROCEDURES, AND FEES**

### **Psychotherapy**

Psychotherapy is one approach to focusing on the problems of life for the purpose of change. The therapeutic learning process occurs at many levels. The success of treatment rests heavily on the depth of the commitment of the client to learning, changing, and growing. The therapist helps the client improve his/her ability to deal with the fundamental problems and conflicts of life with which we are all confronted, as well as individual issues that are the result of each person's unique growth and development. Where there is consistent involvement on the part of the client on the intellectual, emotional, and behavioral levels, there is greater likelihood of positive change, however, no cures can be guaranteed.

### **Confidentiality**

The information discussed during your therapy session is confidential and cannot be disclosed by the therapist, to anyone, including other family members, without the client's permission. The exceptions to this rule are:

1. If you sign a "Release of Information" statement, including sections of insurance forms, and releases to other agencies or individuals.
2. If the therapist considers that there exists a serious threat to any person or client.
3. If there is an indication of child or elder abuse.
4. If there is a court order for the therapist to appear or produce his/her records.

### **Appointment Changes or Cancellations**

For therapy to be most effective, it is important to attend your appointments regularly, if you are unable to keep an appointment, please notify me as soon as you become aware of it. The voice mail is available any time to take your message: **415 419-3525**. I will keep all of our information confidential with the above exceptions and that any information shared with me electronically via internet or cell phone raises further risks to your confidentiality which you assume by agreeing to exchange information with me that way. You may email me at [TomTHurstonMFT@gmail.com](mailto:TomTHurstonMFT@gmail.com) for scheduling concerns primarily. If I do not receive 48 hour notice of your need to change or cancel your appointment, you will be charged for the time reserved for you. Frequent changes or cancellations are disruptive of the therapy process.

### **Sessions, Fees, and Payment**

A therapy session lasts fifty minutes. Fees are discussed and confirmed by the end of the first session. Clients are expected to pay the full fee after each session, unless other prior arrangements have been made. Fees are reviewed annually and may be raised at that time. I understand and agree to the above conditions.

Signed:

Date:

Name, Address & Phone: