

Consent for Psychotherapy

Introduction

This form is to provide you with information regarding your therapy. Please ask us if you have any questions.

Information about your therapist

Cynthia M. Braden is a licensed Marriage Family Therapist in California (MFC39309).

This is a private practice office. For more information about the practice of psychotherapy, visit www.bbs.ca.gov.

Confidentiality

Contents of therapy sessions are confidential. Information about a client may not be shared with another party without the written consent of the client or the client's legal guardian. Exceptions to confidentiality are as follows:

Mental health professionals are required to break confidentiality and seek help if the therapist has a reasonable suspicion that the client plans to harm himself or herself. The therapist may also seek outside assistance in cases where a client is involved in a situation of child or elder abuse, or where a client intends to harm another person. If a client is using an insurance plan for therapy, the therapist will disclose the necessary billing information to that plan which may include a diagnosis.

Fees and Insurance

The fee for psychotherapy at this office is \$175 per 50 minute hour. Your insurance may be billed if you choose. The amount of reimbursement and co-pay or deductible depends on your specific plan. You should be aware that insurance plans limit coverage to certain diagnosable mental conditions. We are unable to guarantee coverage by your plan, and you agree to be responsible for any remaining balance not covered by your plan. **All insurance related matters are handled by Rosetta 424-202-1682.**

Cancelling and changing appointments

Once you have booked an appointment, we reserve that time for you. For appointment cancellations and changes, please text 310-259-9923. Let us know **at least 48 hours in advance** or as soon as possible if you need to cancel or change your appointment.

Note! There is a \$125 charged for missed appointments with less than a 48 hour notice unless due to emergency.

Cynthia M. Braden

Marriage Family Therapist License MFC39309

1600 Rosecrans Avenue, Media Center 4th Floor
Manhattan Beach, California 90266

office 310.321.7894 email CynthiaBradenMFT@gmail.com

CynthiaBradenMFT.com

Parking

The office is located inside of an active movie production facility. One hour free parking is available on the studio lot. Please park in front of the building (Media Center) in designated parking spaces for MK Business Centers. On an active production day, there may be difficulties with parking. If you're having trouble parking, send a text message to 310-259-9923 or call 310-321-7894.

Therapist Availability/Emergencies

It's okay to call 310-259-9923 between appointments for a check-in. We can usually return the call within 24 hours. There is a fee for phone consultation of \$2.00 per minute. Insurance companies don't routinely allow phone sessions. In the event of a true emergency, please call 911 or go to your nearest emergency room.

Process of Therapy

For best results, the first few sessions should happen every week. When your situation has stabilized or you have reached your goals, frequency of sessions can be reduced. At any time, if you feel that you are finished with therapy, let us know. It's best to plan for termination and exchange feedback before stopping. Some clients come frequently for long periods of time due to ongoing stressful situations, others come to therapy to solve a particular problem which may be finished in a few sessions. The frequency and duration of your therapy depends on your needs and what you are working on. Due to the uniqueness of each individual, we are unable to predict or guarantee a specific outcome or result.

Your signature indicates you have read this agreement for services and understand its contents:

Signature

Date

Printed name

Date of birth

Address

Cell number (it's okay for therapist to communicate with me at this number)

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