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INFORMATION YOU HAVE A RIGHT TO KNOW

When you come for therapy, you are purchasing a service to meet to your individual needs. Of course, you need good information about therapy to make the best choice for yourself and your family. So that you get all the information you need to know, below you will find some generally asked questions. We may already have talked about some of them, however, if you do not understand my answers, or if I have left something out, or you have more questions, just ask me again. You have the right to complete information about the therapy that I provide. Please not, some of the questions can only be answered after therapy begins, and then I will probably have a better idea of what your particular needs are. Please feel free at any time during our sessions to ask any questions you feel will help you better understand our goals.

A. ABOUT THERAPY

1. What will we do in therapy? What will I have to do in therapy?
2. Could anything bad happen because of therapy?
3. What will I notice when I am getting better?
4. About how long will it take for me to see that I am getting better?
5. Will I have to take any tests? What for? What kind? What will they cost?
6. What percentage or fraction of your clients with my kind of problem gets better?
7. What percentage or fraction of your clients gets worse?
8. What percentage or fraction of people with the same kinds of problems I have improved or get worse without this therapy?
9. About how long will therapy take? What should I do if I feel therapy is not working?
- 10.

B. ABOUT OTHER THERAPY AND HELP

1. What other types of therapy or help are there for my problems? Medications?
2. How often do these methods help people with problems like mine?
3. What are the risks or limitations of these other therapies or programs?
- 4.

C. ABOUT OUR APPOINTMENTS

1. How will we set up our appointments?
2. How long will our sessions last?
3. How can I reach you in an emergency?
4. If I can not reach you, to whom can I talk?
5. What happens if I can not come to an appointment because the weather is bad or I am sick?
- 6.

D. ABOUT CONFIDENTIALITY

1. What kinds of records do you keep about my therapy?
2. Who is allowed to read these records?
3. Are there times you have to tell others about the personal things we might talk about?
- 4.

E. ABOUT FEES AND MONEY

1. What will you charge me for each appointment? Do I have to pay more for longer ones?
2. When do you want to be paid?
3. Do I need to pay for an appointment if I do not come to it or call you to cancel it?
4. Do I need to pay for telephone calls to you?
5. Will you ever raise the fee that you charge me? When?
6. If I lose some of my income, can my fee be lowered?
7. If I do not pay my bill, what will you do?
- 8.

F. OTHER CONCERNS

1. What is your training and experience? Are you licensed? Supervised? Board certified? Do you have other credentials? How many years have you practiced therapy?
2. Whom do I talk to if I have a complaint about therapy which you and I can not work out?
- 3.
- 4.

G. OTHER QUESTIONS YOU THOUGHT OF:

The enclosed information and our conversations may have dealt with some of these questions, but many people want to know more. Feel free to ask me any questions you have at any time. The more you know, the better your therapy will go. You can keep this list and the informational items provided with it. Please read them carefully at home, and if any questions come up, write them on this page so we can talk about them when we meet next time or at a later session.

Roy B Nash