

Juniper Campbell, LPC, CCTP

Additional Information About My Practice

This document provides additional information about my practice which is essential for you to know before we begin our work together.

About Me

My name is Juniper Campbell. I am licensed in Arizona as a Professional Counselor (license #LPC-15211) and Clinically Certified Trauma Professional. I received a bachelor's degree from the University of Michigan and a Master's in Counseling from Prescott College. I am also a certified EMDR therapist, trained through the EMDR Institute. I have extensive training in trauma resolution and working with PTSD. I am qualified to work with the veteran population and understand the military culture and ethos. In addition, I am trained in the Gottman Technique for couples therapy through the Gottman Institute. I have worked in the industry of equine-assisted psychotherapy since 2005 and have extensive training through multiple approaches, including the E.A.G.A.L.A. model and Epona. I believe my clients can take charge of their lives and already have the wisdom and ability to heal inside themselves. I am like a tour guide showing my clients different aspects of themselves and providing helpful tools for self-empowerment.

My Scope of Practice

As noted in the Consent to Treatment form, we will work together to create a treatment plan that addresses the concerns which have caused you to seek therapy. The Treatment Plan will include information about the frequency of sessions and specific interventions utilized in therapy. I am eclectic in my approach, using a foundation of several treatment methods. Cognitive Behavioral Therapy (CBT) can help explore and create more adaptive coping skills, emotions, and behaviors by examining and shifting the negative thought processes and feelings that can create negative behaviors. Dialectical Behavioral Therapy (DBT) can assist in learning to regulate emotions, acquire more tolerance for stressful situations, be present and in the moment, and be more effective in relating to others. Person-Centered Psychotherapy (PCT) reflects my core belief that you have within you the power to heal yourself. EMDR (Eye Movement Desensitization and Reprocessing) is a highly effective technique for clients who have not previously succeeded with more traditional talk therapy forms and are looking for alternative solutions. It is beneficial for individuals struggling with trauma and complex PTSD. Somatic Therapy addresses the connection between the mind and the body and how you can address psychological issues by accessing the target areas in the body. Equine Assisted

Psychotherapy, much like EMDR, is ideal for those individuals who have had marginal success with traditional talk therapy. Please ask me any questions you may have about these various types of therapy.

Because therapy involves a significant time, money, and energy commitment, you should be thoughtful about the therapist you select. If I assess that I cannot benefit you, I will provide you with referrals for clinicians who may be more suited to your particular needs.

Termination of Services

Your treatment with me is voluntary. You have the right to end therapy at any time or to request a referral to another therapist. Ending a therapeutic relationship can be difficult. Therefore, it is essential to have an articulated termination process to achieve closure. The length of the termination process will depend upon the length and intensity of treatment. It is recommended (although not required) that you participate in at least one final session to facilitate a positive termination experience and to provide an opportunity to reflect on the work that you have done.

Unless it has been otherwise specified in your treatment plan, **if I have had no contact with you in 30 days, I will close your case with the understanding that it may be reopened upon agreement from both parties.** If this occurs, it will be considered a new Episode of Care and require you to sign a new Consent to Treatment, and we either agree that the previous treatment plan is still valid and has not expired or develop a new treatment plan.

I reserve the right to discontinue treatment at any time. Reasons for termination include but are not limited to the untimely payment of fees, failure to comply with treatment recommendations, conflicts of interest, inability to participate in therapy, your needs being outside my scope of competence or practice, or your not making adequate progress in therapy. Professional ethics mandate that treatment continues only if it is reasonably clear that you are receiving benefits. Other situations that may warrant termination of treatment include becoming enraged or threatening during sessions, persistent drug abuse, arriving under the influence of drugs or alcohol, or disclosing the intent to engage in illegal actions.

If you are unhappy with what is happening in therapy, please talk with me. Your concerns will be handled with care and respect. You have the right to considerate, safe, and respectful care without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, or source of payment. You have the right to ask questions about any aspects of therapy and my specific training and experience.

If therapy is terminated for any reason or you request another therapist, I will provide you with a list of qualified psychotherapists to treat you. You may also choose someone on your own or from another referral source.

Appointments

The standard meeting time for a psychotherapy session is 50 minutes. The time scheduled for your appointment is assigned to you. If you need to cancel or reschedule a session, you must give me 24 hours notice. If you miss a session without canceling or cancel with less than 24 hours notice, you must pay a fee of \$80. It is important to note that insurance companies do not provide reimbursement for canceled or missed sessions. The exception to this policy is when you and I agree that you cannot attend due to circumstances beyond your control.

Once you are placed on the schedule for a standing weekly appointment, it is expected that you will honor that agreed-upon scheduled time. If you miss three scheduled appointments, your appointment time will be forfeited and scheduled based on week-to-week availability.

You are responsible for coming to your session on time. If you are late, your appointment will still end at the regularly scheduled time.

Availability, Emergency Procedures, and Communication

I am often not immediately available by telephone. I will return your call or e-mail within three days. Note that phone calls over 15 minutes are billed at my hourly rate in 15-minute increments. I can be contacted via e-mail at junipercampbellcounselor@gmail.com.

If you are in crisis, please refer to our agreed-upon safety plan if one has been developed.

There are crisis resources available to you:

- Suicide Prevention Lifeline: 1-800-273-8255
- You can present to the nearest hospital emergency department. You can contact local law enforcement to request transport to a hospital.

If we run into each other outside the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will speak briefly with you. However, engaging in lengthy discussions in public or outside the therapy office is inappropriate.

Sometimes during therapy, a client or the therapist finds that this therapeutic relationship is not the right fit for working toward the client's goals. This is natural and okay. You are entitled to find the right therapist for you. If this should occur, I will do my best to provide you with referrals to appropriate therapists who can meet your needs.

Social Media and Telecommunication

Due to your confidentiality and the importance of minimizing the possibility of a dual relationship, I do not accept a friend or contact requests from current or former clients on any social networking sites (Facebook, Instagram, LinkedIn, etc.). Adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet, and we can discuss them further.

Electronic Communication

I cannot ensure the confidentiality of any form of communication through electronic media, including text messages. If you prefer to communicate via e-mail or text messages regarding scheduling or cancellations, I will do so. While I will try to return messages promptly, I cannot guarantee immediate response and request that you do not use these methods of communication to discuss therapeutic issues and request assistance for emergencies. I will not engage in therapeutic conversation over text/e-mail. Texting is to be reserved for discussions about scheduling only.

Insurance Reimbursement

Evaluating your resources to pay for treatment is essential to set realistic treatment priorities and goals. Many health insurance plans provide some coverage for therapy. You are responsible for knowing your coverage before you start therapy and advising me of any changes. Please be aware that I may not accept your insurance. If you need private pay, you will receive a coded Superbill/itemized receipt to submit to your insurance. For questions about your coverage, call your plan administrator. I will assist where possible. There is no guarantee that your insurance will reimburse you after submitting a Superbill/itemized receipt. Remember that you, not your insurance company, are responsible for fully paying fees. If I accept a particular insurance plan, I may have negotiated a fee with the insurance company that differs from my self-pay fee. In this case, you will not be responsible for paying the difference between the negotiated fee and my self-pay fee.

It is sometimes difficult to determine how much coverage is available. Some plans require authorization in advance; if you do not obtain authorization, you may be responsible for paying

the full fee. Many plans need the client to pay a fee percentage (co-insurance) or a flat dollar amount (co-payment) at each visit. Plans may also have a deductible (annual cost you must pay before the insurance company begins paying for services). In this case, you will pay for initial sessions until your deductible is met. There is a new deductible every calendar year. Some plans are limited to short-term treatment approaches designed to work out specific problems that interfere with a person's usual level of functioning. While much can be accomplished in short-term therapy, some clients may need services beyond the benefit term. Some plans will not allow the provision of services once benefits end. I will try to help you find another provider if this is the case.

Most insurance companies require clients to authorize therapists to provide a clinical diagnosis. They have the right to request clinical information such as treatment plans, progress notes or summaries, or copies of the entire record in sporadic cases. This information becomes part of the company's files. Though companies claim to keep such information confidential, I have no control over what they do with it after they receive it. For example, they may share the information with a national medical information databank. I will provide you with a copy of any records submitted if you request it. **You must understand that by signing the Consent to Treat, you have agreed that using your insurance authorizes me to release information to your insurance company.**

Once it is clear what your insurance coverage allows, you and I will discuss what can be accomplished with the benefits available and what will happen if they run out before you feel ready to end treatment. It is important to note that you always have the right to pay for therapy services yourself out-of-pocket to avoid the abovementioned issues unless your insurance contract prohibits that.

Additional Information About Clinical Records

Except in unusual circumstances that involve danger to yourself, you have the right to a copy of your clinical records. Because these are professional records, they may be misinterpreted and upsetting to untrained readers. For this reason, I recommend you initially review them with me or have them forwarded to another mental health professional to discuss the content. In those rare situations where I refuse your request for access to your records, you have a right to have my decision reviewed by another mental health professional, which I will discuss with you upon your request.

Clinical records are the property of the therapist and are maintained for six years after the date of an adult client's last clinical contact. Records for minors are retained for six years after the last clinical contact or three years after the minor's 18th birthday, whichever date is later.

Records are then destroyed by way of paper shredding and deletion of electronic files. If my practice is closed or sold, and your records will not be stored in the same physical location, you will be notified promptly via USPS of the future location of your records and how you can access them.

You have been provided with a Notice of Privacy Practices which the Federal government requires I give you under the Health Insurance Portability and Accountability Act of 1996 (HIPAA). This Notice provides extensive information about how your Protected Health Information may be used and disclosed and how you can access this information. For uninsured clients, you will be provided a Good Faith Estimate at your first session, which is a notification that outlines an uninsured (or self-pay) individual's expected charges for a scheduled or requested item or service.

My signature on the Consent to Treatment documents confirms that I have read all of the information contained herein and have had the opportunity to have any questions answered.