

Juniper Campbell, LPC

Couples Consent for Day Intensive Treatment

We understand that we will be engaging in day couples' intensive psychotherapy session(s) with Juniper Campbell, LPC. The purpose of this treatment is to increase personal awareness, wholeness, personal responsibility and acceptance to make changes so that we feel better in our relationship or resolve specific life or adjustment problems that have caused us to seek assistance. The purpose of day couples' intensive psychotherapy is to receive longer sessions over a shorter period of time with sessions spanning from 3 to 6 hours per day. We understand that this is couples therapy customized to address our treatment goals. We understand that as part of our treatment, Ms. Campbell may contract other licensed professionals to supplement the intensive therapy program as part of our treatment. The primary procedures used by Ms. Campbell in couples therapy are "talk" therapy and tools/resources from the Gottman Institute, although we understand that she may also provide general education about behavioral health conditions or coping strategies. She has specialized training in Cognitive Behavioral Therapy, Person Centered Therapy, EMDR, Couple's Therapy and Equine Therapy. Use of some of these techniques may require that we sign additional Consent for Treatment documents. We have had the opportunity to ask any questions we may have about any of the techniques used by Ms. Campbell.

The potential benefit of day couples' intensive treatment is that we will feel better about our relationship. There may be a reduction our feelings of distress, increased satisfaction in our relationship(s), greater personal awareness and insight, or increased skills for managing stress in and out of the relationship as well improving communication in our relationship. We understand that there are no miracle cures. Although therapy begins with the hope that our life and relationships(s) will improve, there is no guarantee that this will occur. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings such as sadness, anger, guilt, frustration, or anxiety. We may feel worse or experience emotional pain in our relationship. We understand that intensive psychotherapy will require a very active effort on our part and that in order for it to be most successful, we will have to be open and honest and will need to work on being an active participant and contributor in these sessions.

We understand that all information we share will be kept confidential, but that this confidentiality is not absolute. In the case of medical emergency, child/elder abuse or neglect, suicidal or homicidal intent, or under court order, clinical information may be

released. We have been provided with both a Notice of Privacy Practices required by the Health Insurance Portability and Accountability Act (HIPAA) and a document "Additional Information About My Practice" which address confidentiality in more detail and have had the opportunity to have any questions answered.

We understand that Ms. Campbell is an independently licensed professional counselor. However, in an effort to provide services that reflect best practices, she has contracted with Laurie Verdier to provide consultation/supervision. Ms. Verdier's phone number can be provided upon request if we have questions. In addition, she occasionally consults with various experts and peers. We understand that Ms. Verdier as well as any experts or peers are bound by the same rules regarding confidentiality as is Ms. Campbell.

Ms. Campbell has explained that when a couple enters into therapy, the couple is considered to be a single unit. This means that her allegiance is to the couple "unit," and not to either partner as individuals. This allows the therapy to create a space where both of us can feel safe. The "No Secrets" policy means that Ms. Campbell will not hold secrets for either of us. This allows her to continue to treat the couple by preventing, to the extent possible, a conflict of interest to arise where the interests of one of us may not be consistent with the interests of the unit being treated (the couple). On occasion during the counseling process, one of us may be seen individually for a counseling session or part of a session. When this occurs, the session is still considered to be part of our couple's counseling relationship. Information disclosed during these sessions may be relevant or even essential to the proper treatment of us as a couple. If one of us chooses to share information with her, Ms. Campbell will encourage and offer the individual every opportunity to disclose the relevant information to his/her partner and will provide guidance in this process. If the individual refuses to disclose the information within the couple's session, she may determine that it is necessary to discontinue the counseling relationship with us. If there is information that one of us wishes to address within a context of individual confidentiality, she will be happy to provide referrals to therapists who can provide concurrent individual therapy.

We understand that it is not the role of Ms. Campbell to gather information for the courts or to make judgments related to us or our family. We agree that we will not ask her to provide treatment records or to testify in any future divorce or custody action. We understand that the courts can appoint professionals who have had no prior contact with our family to conduct independent evaluations and make recommendations to the court. We understand that we are discouraged from having Ms. Campbell subpoenaed. Should she be subpoenaed we understand that there will be additional substantial fees associated with her becoming involved in a court case.

Under the Arizona Administrative Code R4-6-1105(E), if behavioral health services are provided to multiple members of a family, each legally competent participating family member must provide consent to release counseling records regarding the family member. We understand that if all of the participating family members do not provide consent, records will not be released. We understand that we have the right to participate in treatment decisions and that Ms. Campbell and we will together develop and periodically review and revise a treatment plan which will identify our goals for treatment as well as the means of achieving those goals. We understand that we have the right to refuse any recommended treatment and that we may withdraw our consent to treatment at any time with any consequences clearly explained to us.

We understand that payment is due at the time of service unless other arrangements have been made. Ms. Campbell does not accept nor bill to insurance for day couples' intensive sessions. Ms. Campbell's current fee for self-pay day intensive sessions is \$150/hour. The duration of the intensive will be discussed and agreed upon prior to the beginning of the session and will range from 3-6 hours. Full payment is due at the time of scheduling. The fee is 100% refundable if your session is canceled within 30 days of scheduling. If you cancel less than 30 days of your scheduled appointment, 50% of the fee will be returned. If you cancel 2 weeks prior to your scheduled intensive psychotherapy session, funds will not be reimbursed. This is a commitment of time, energy and substantial financials, so please be certain that you are ready for an intensive psychotherapy program. The exception to this policy is when you and I agree that you were unable to attend due to circumstances beyond your control. Proof of these extenuating circumstances may be requested.

The first hour of the intensive session is devoted to assessment and creating a treatment plan that will address the goals that you are hoping to achieve during the intensive session. Prior to the onset of the day intensive, Ms. Campbell will require that both partners complete the Gottman Relationship Checkup Assessment which has a fee of \$100 for the assessment and the subsequent analysis/review.

You are responsible for coming to your session on time. If you are late, the portion of your intensive psychotherapy program will still end at the regularly scheduled time.

Payment may be made via cash, check or credit card. A \$25.00 service charge will be incurred for any checks returned for any reason. Extended sessions beyond the determined amount allocated for the intensive sessions, telephone calls over 15 minutes, report writing and reading, attendance at meetings with other professionals we have authorized, and time spent performing other services we have requested will be charged at the rate of \$37.50 per 15-minute increment. The cost of therapy services is

our responsibility. If requested, we will be supplied with a Superbill/itemized receipt at the conclusion of the intensive session/program, which we may submit to our insurance company for potential reimbursement. Understand that should you supply your Superbill/itemized receipt to your insurance, it is no guarantee that any of the services will be covered. We understand that unpaid balances past-due over 90 days may be referred to a collection agency.

This consent is for a single intensive session, unless otherwise discussed. Unless you are established clients who will be returning to regular psychotherapy sessions, your case will be closed at the conclusion of the intensive. Should this occur, we can return for a new Episode of Care, but that in such a case, we will have to sign a new Consent to Treat and review the Treatment Plan to determine if goals remain the same or if a new Treatment Plan needs to be developed.

We have read the above information and consent for treatment. The HIPAA Notice of Privacy Practices is incorporated by reference into this document as is the document "Additional Information About My Practice."

Name Printed: _____
Signature: _____ Date: _____

Name Printed: _____
Signature: _____ Date: _____

Therapist: _____ Date: _____