

# JULIE L. HONEYCUTT, LPC, LMHC

## Therapist–Client Services Agreement

### I. COUNSELING SERVICES

As with any healthcare field, mental-health professionals work within a specific “scope of practice.” Julie specializes in holistic health and Christian spirituality. This means that in addition to the presenting psychological or emotional problems, the exploration and inclusion of a person’s physical, social, and spiritual aspects may also be helpful.

Your therapist holds a master’s degree in a behavioral science discipline and is licensed by the State of Massachusetts’ and Tennessee’s Health Related Boards. An element that makes your therapist unique from most providers is that she also has several years of seminary training in addition to being a licensed clinician.

The process of psychotherapy can be difficult to describe. Unlike some other healthcare services where the patient is a passive recipient, therapy requires active participation on your part and often involves readings or other assignments to be completed between sessions. A client’s motivation for change and the therapeutic relationship are two of the most crucial factors in successful treatment. It is therefore important that you feel comfortable with the therapist you select and are committed to the work involved.

### II. APPOINTMENTS

Appointments are based on the 50-minute clinical hour. In the event that you are less than 20 minutes late for a scheduled appointment, you will be seen for the remainder of the time allotted. If you are more than 20 minutes late, it will be treated as a missed appointment.

A 24-hour notice from your scheduled appointment time is required for all cancelled or rescheduled appointments. This must be done by phone/voicemail with your therapist. Otherwise, you will be charged the full cost of your reserved time.

Please note that insurance companies do not provide reimbursement for cancelled or missed sessions, so clients using such benefits will be responsible for the full cost of the appointment.

### III. ENDING THERAPY

Although you may terminate treatment at any time, it is recommended that this be discussed in advance with your therapist. Your therapist may also terminate treatment if she determines it to be necessary or in the best interest of the client or herself. Any such termination will be discussed with you in session and referrals to other therapists will be offered.

### IV. LIMITS ON CONFIDENTIALITY

Communication between a client and their therapist is considered confidential and protected under law. However, there are some situations where your therapist is permitted or even required to disclose information without either your consent or authorization. Every effort will be made to discuss this with you prior to action being taken, and the disclosure of such information will be limited to only what is necessary.

These exceptions to confidentiality are outlined in the HIPAA Notice available on your therapists’ website. You can request a copy of the HIPAA notice at any time. Please discuss any questions or concerns that you may have about confidentiality with your therapist.

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## **V. CLINICAL RECORDS**

The “Patient Rights” section of the HIPAA Notice explains how you may request a copy of your PHI and the limitations and exceptions involved.

## **VI. PROFESSIONAL FEES**

Your therapists’ standard fee is \$125 per clinical hour.

If you do not have (or do not wish to use) insurance benefits, a reduced fee may be requested and will be based on scholarship funds. This rate is set by your therapist at the first session and is subject to adjustment.

Your therapist is not a specialist in Forensic Psychology. Should your therapist be drawn into legal proceedings on your behalf, an adjusted rate of \$250 per hour will be required for any preparation and attendance.

## **VII. BILLING AND PAYMENTS**

Payment is due at the time of your session. Cash, checks, and credit/debit cards are all acceptable methods of payment. For those paying with checks, please have them written out prior to your session to avoid the unnecessary use of your time. There will be an additional \$20 fee for returned checks.

## **VIII. INSURANCE REIMBURSEMENT**

Your therapist is an “out-of-network” provider and can provide documentation for direct reimbursement. You are encouraged to call your insurance company to find out what your “out-of-network” benefits cover. Mental-health coverage and limitations may differ from your medical coverage.

It is very important to understand that most health insurance will only pay for services considered medically necessary. This means that your therapist is required to diagnose you with a “mental illness” according to the Diagnostic and Statistical Manual of Mental Disorders, which then becomes part of your permanent medical record; this could impair your ability to obtain certain jobs, life insurance, independent health insurance, or other opportunities. Please discuss any questions or concerns you may have about medical necessity or exemptions with your therapist.

## **IX. EMERGENCIES**

Your therapist is not equipped to handle mental-health crises. If you experience a psychiatric emergency and find that you cannot guarantee your safety or the safety of others, call 911 or go to your nearest Emergency Room.

**NOTE:** You will be asked to initial a statement on your intake paperwork acknowledging that you have read and agree to the above statements and policies. Please let your therapist know if you have any questions or concerns.