

Grace Duarte de Baker, LCSW

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Psychotherapy for Adults, Children, Couples and Families.
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INFORMED CONSENT

This form is for information only and not consent for treatment.

◆ INITIAL EVALUATION PROCESS

Welcome to my practice!

The purpose of the evaluation process is to fully evaluate your needs and ensure you [your child] receive[s] the best treatment possible. The evaluation itself may vary across clients, and may include activities such as completing a structured interview (i.e., every client is asked the same questions to ensure comprehensiveness), questionnaires, requests to interact with other professionals or relevant individuals who may have information about your current problems, monitoring forms to complete in between intake sessions, or many other options. Typically, therapists use 2-3 sessions to complete the evaluation process, and/or may schedule longer initial appointments to complete the process more quickly. By the end of this evaluation period, the therapist will be able to offer you an initial impression of your [your child's] needs and a plan for what treatment might include if you decide to continue with therapy. If we are unable to offer you services, we will provide you a list of resources.

◆ DESCRIPTION OF SERVICES

Clinical therapy services are provided with the expectation that the client is voluntary. The services of therapy provided are considered short-term. Referral to other services will be provided if the needs of the client require more intensive support than what this practice can provide. For therapy to be successful, the client must be fully engaged and willing to process important themes for therapeutic discussion or to complete activities outside of session. Re-evaluation services are provided regularly during course of treatment (usually at 3rd, 6th and/or 9th session) to review progress, determine any changes to treatment or discontinue services.

Therapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you [your child] may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, therapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you [your child] will experience.

◆ APPOINTMENTS AND PAYMENTS

Sessions are typically scheduled once per week for 50 minutes at a time you and your therapist agree on, although some sessions may be longer or more frequent. Couples, family or group

therapy sessions may be routinely scheduled for 90 minutes or longer. Missed sessions and late arrivals are problematic for both clients and therapists. Therefore, we ask clients to make a commitment to attend regularly. If you find regular attendance is a problem for you, we ask that you reconsider whether this is the most appropriate time or type of clinic for you. At times, you may do better to terminate therapy and start at a later date when you can make a regular commitment. If you miss more than two sessions without calling, you may be discharged from services and given referrals.

The practice is not part of any insurance network or panel, therefore the client (parents, if underage) is responsible for the total cost of services and not any insurance company. Payment should be made immediately before or immediately after each session. If you have any questions about your insurance, please call your insurance company to request information.

We will gladly help determine your coverage and can provide receipts to submit to your insurance for reimbursement if appropriate. We accept cash, Venmo or credit and debit cards.

◆ CONTACTING THE THERAPIST

To contact the therapist, you can call (901) 245-2922. Messages are returned within 24 hours. It is not possible to communicate through social media apps such as Facebook, Instagram or LinkedIn. Email or text communication is used primarily for sending attachments and to schedule appointments.

◆ RELEASES OF INFORMATION

Client information cannot be legally released without verbal and written permission authorizing the release. In cases that the client requests release of certain information, they must sign a Consent to Release Information form. There are exceptions to confidentiality if the client is at risk of harming themselves or others, in case of information indicating a child or elderly person is being abused or if there is a court order mandating release of information.

◆ EMERGENCIES OR CRISES

The practice provides very limited crisis services in a supportive function. In case of crisis, it is best to contact 911 and not the practice office.

For general, non-urgent updates during crisis, please call (901) 245-2922 and your call will be returned within 24 hours except on holidays or vacations.

This office does not provide emergency medical attention or psychiatric medication. It is important that you inform your therapist as soon as you are aware of a crisis, upcoming significant stressors, suicidal thoughts, etc., so that you can work together to develop a crisis plan and find services that are available to you at all hours of the day. If you are having an emergency, please call 911, head to your nearest emergency room, or contact one of the crisis hotlines (1-800-SUICIDE (1-800-784-2433), 1-800-273-TALK (1-800-273-8255), 1-877-727-4747).