

Jordan Feigal, MS, LMHC

2110 Iron Street, Bellingham, WA 98225

360.734.2664 ext. 21

Licensed Mental Health Counselor # LH00011099

Terms of Service / Counselor Disclosure Statement

Welcome to my practice. Washington State Law requires that all therapists provide clients with written information about their qualifications, treatment philosophy and methods, and service policies. It is your right and responsibility to choose the provider and treatment that best suits your needs. To help you make your choice and to help facilitate our work together, here is some basic information about me and my therapy practice. Please read this information carefully and ask me to explain anything that you don't understand. This statement, in its entirety, serves as our agreement to our respective rights and responsibilities as therapist and client. You will be asked to sign it after reading it and before we begin our therapy together.

Education:

2005 M.S. Psychology: Mental Health Counseling, Western Washington University

1999 B.A. Psychology, St. Olaf College

Approach to Therapy:

In my work as a therapist, I view the therapeutic relationship as a collaboration in which we work within each individual's unique strengths, history, culture, and life experience in reaching goals set out by the client. I utilize a variety of integrated theoretical approaches for treatment, including client centered, cognitive-behavioral, existential, family systems, and mindfulness based approaches. I also have training and experience working with guided imagery and play therapy, as well as crisis response and stabilization. I will always continue to develop how I approach working with clients, including maintaining efforts to expand my skills and techniques. Therapy may be offered in individual, couples, or family format, depending on what is assessed to be most helpful and effective. The format of therapy may need to be flexible throughout its course, depending on how goals and needs develop. I believe that engaging in counseling can foster rewarding and valuable outcomes for clients, while knowing that the path to change can be difficult to navigate at times. My intent is to provide a safe and comfortable mental and emotional space to help clients explore and create change.

You have the right to choose a counselor who best suits your needs and purposes and if ever you or I feel that our therapeutic relationship does not suit your needs, I would be happy to provide information for other practitioners in the area. You also have the right to a confidential relationship to the extent as provided for by RCW 18.19.180(1) through (6).

Confidentiality and Privacy:

I have been provided a copy of Jordan Feigal's professional profile, the "Terms of Service / Counselor Disclosure Statement" and the "Notice of Practices Regarding Protected Health Information" and read and understand the information provided.

Initial here to acknowledge receipt_____

↓ Please turn over

Office Policies, Procedures and Fees

Appointments:

Appointments are 50 minutes and are reserved for you alone. I try very hard to begin and end on time, out of respect to both of our schedules. If you need to cancel your appointment for any reason, appointments must be cancelled 24 hours in advance. Otherwise **you, not your insurance company**, will be charged a cancellation/no show fee equal to **half of the fee** for the session missed. Telephone therapy time is prorated at the same rate as in-office therapy. Please initial in the box provided to acknowledge you have read and understand the Appointment and Cancellation/No Show Fee Policy.

Attendance:

Attending scheduled appointments is critical to the success of counseling. If missed appointments become a concern, I will initiate a conversation about how to remain engaged in services. I may request that an attendance contract be discussed and signed. Please initial in the box provided to acknowledge that you have read and understand the Attendance Policy.

Billing practices:

Payment for services will be due at the end of each session. My basic rate is \$100.00 per 50-minute session, or \$150.00 per 75-minute session. In some cases, your insurance company may pay a percentage of the cost of your therapy per session. In this case, your patient responsibility (co-pay, coinsurance, etc.) becomes your fee, while I collect the remainder of your fee from the insurance company. Please remember, however, that you are ultimately responsible for payment of your costs, not your insurance company. In addition I hold a certain number of spaces for Adjusted Fee situations on a "space available" basis. The adjusted fee will be determined between the two of us at the intake session. My sliding fee scale ranges from 25 to 85 dollars. Costs per session will be determined at the first session and will remain at that level for six months, when it will be renegotiated. In the case of court involvement, (including letters or court evaluations), my fee is \$100.00 per half hour. If you can not make it to a session, please phone 24 hours in advance.

Emergencies: If there is an emergency between sessions, I can be reached by phone at 360.734.2664 ext. 21, or 360.510.6937. I would like to keep phone conversations as brief as possible, as it is normally not an appropriate method of conducting psychotherapy. If you are unable to reach me when you feel the need for some emergency help, Freedman & Associates also has a 24-hour on-call therapist who can be reached by calling 360.325.3999. There is no charge for on-call contacts less than 10 minutes; over 10 minutes will be charged at the usual hourly rate. In the case of a life-threatening emergency Volunteers of America have a 24 hour on call crisis line at **1-800-584-3578** or please call **911**.

Treatment consent:

I have been informed of the type of counseling I will receive from Jordan Feigal, the methods and techniques used, his education, training and experience and the cost of counseling services. Furthermore, I have received this information in writing.

Counselors practicing for a fee must be registered or certified with the Department of Health for protection of the public health and safety. Registration of practice standards does not necessarily imply the effectiveness of any treatment.

Client's Signature

Jordan Feigal, MS, LMHC

Date

Date