New Dawn Psychological Services LLC

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New Dawn Psychological Services Practice Policies

Welcome!

I am thrilled that you are interested in working with me. I have put together this information and policies packet to help you along during this process. Please read all of it and I encourage you to discuss anything you don't understand or for which you need clarification. You will find information on the following topics:

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There is a corresponding service agreement and acknowledgment of policies from that has been included in the intake packet. After you have read this brochure and we have discussed the information, please sign it.

I look forward to working with you!

My Background

I am a Wyoming native and a licensed clinical psychologist (Wyoming license #681). I have been practicing independently since 2018. I started my practice recently in the fall of 2021. Prior to starting my own practice I worked as an outpatient therapist at the Cheyenne VA Medical Center. I also have provided services for BetterHelp and have worked in a number of other settings over the course of my training.

I completed my undergraduate degree at St. Mary’s College in Indiana where I graduated Suma Cum Laude in 2010. After college, I volunteered for a year as a victim advocate for a local domestic violence center. I obtained my graduate degrees from the University of Wyoming. I was awarded my Master of Science in 2014 and my Doctorate of Philosophy in 2018.

About Therapy

<u>Goals & Expectations (Benefits)</u>

The ultimate goal of treatment is to improve quality of life. Through the process of therapy, you gain insight into dysfunctional or maladaptive patterns of thinking, feeling, and behaving while learning new approaches to help increase functionality and effectiveness. Therapy should help you figure out and do what works for you and your lifestyle. Most often people engage in therapy because things are not working, and quality of life is suffering as a result. The dual approach of rooting out ineffective thinking/feeling/behaving while implementing new adaptive skills gives you the best of both worlds.

Identifying specific thoughts/feelings/behaviors that are problematic in addition to valued areas of life that can be supported and strengthened enables the creation of distinct goals that can be monitored for improvement. You can expect achievement of these goals by the end of treatment. We will work together to develop these goals.

Change takes time, so overall treatment goal progress will likely take a while. At the same time, it is also important to see incremental change each week. In order to meet both these needs, I like to develop larger treatment goals as well as weekly SMART goals. Let me know your expectations for treatment and provide me with feedback as we work together. If we are not seeing the change you would like, we may elect to switch treatment approaches, or I may recommend additional services.

Types

Therapy can range from highly regimented protocols to more process-oriented treatment. I have training in multiple types of therapy and can provide the type of treatment that works best for you. In general, I tend to employ an eclectic approach that blends techniques from protocols with process-based delivery.

If you are interested in a manualized treatment, I can supply you with information about obtaining client workbooks. I have access to some client workbooks that I may be able to supply at a minimal charge (to cover printing fees). Examples of manualized treatments include PE, CPT, CBT, Unified Protocol, and more. DBT also utilizes a skills book.

For more information about various types of treatment, see the descriptions and links on my website at www.newdawnpsychservices.com in the Services and FAQ sections.

Duration & Course

A typical therapy session is between 45-55 minutes each week (or at most every other week). Clients who have completed a course of treatment and are engaged in booster sessions or are in a primary care setting may spend 30 minutes in a session.

A course of therapy refers to the distinct period spent working on a specific problem(s) towards a defined goal(s). It can vary widely, but an average course of treatment is between 12-16 sessions (about five months).

It is most effective to identify specific goals for treatment and specific issues you want to address. This will help to determine how much time will need to be spent addressing each issue or goal. These goals can be prioritized and addressed. Sometimes results from addressing higher priority issues or problems will generalize to all the other issues and everything resolves after addressing the most pressing problems. At the very least, breaking problems down and prioritizing which problems to address first makes it more manageable. So don’t feel intimidated or worried if you come up with a lot of issues or goals on which you would like to work.

My Style & Approach

Keeping the importance of fit in mind, I want to give you a little background on my approach to therapy. In general, I am pretty flexible but have a foundation in skills-based treatment. As a provider, I view my role as providing you with skills, tools, and information that you can apply to your unique experience. I spent the time in school and in practice learning so that I can give you the benefit of the knowledge. You know yourself and there are likely people in your life who know you well like friends or family. I will not know you as well as they do or as well as you know yourself. On the other hand, a lot of the specialized information I have from my education, training and practice may not be something friends or family have. Rather than trying to overlap, I want to add as much unique value to your experience in therapy as possible. I also don't want you paying for time with someone who is like a friend or family member. Instead, I try to focus on getting you skills and information. I can deliver skills and information in a lot of different formats. I can use a more didactic/teaching type of style, or I can have conversations with you about your experiences in which I weave in skills and information. It is totally up to you how we approach treatment. We can also experiment with different styles, and you can decide which works best for you.

Sometimes people want me to tell them what decision to make or what to do. Rather than telling people what to do, I like to help them figure out how to decide for themselves. I know a lot about how to make decisions, but actually making them is up to the person who must live with them. I view my role as being a support tool that can give you the materials to enact changes while you are the driver calling the shots. You are encouraged to ask me for my observations, reflections, or advice whenever you want. Just know that I may not tell you what to do. As always, please give me feedback about what would work best for you.

Throughout this process, I encourage you to be vocal and engaged. Do not worry about hurting my feelings. My priority is doing what works, so feel free to let me know what does and does not work for you.

Risks

As with any treatment there are some risks related to therapy. These risks tend to be minor but are worth noting as you make your decision to move forward with treatment. Some people experience an increase in symptoms and/or distress at the start of therapy due to increased awareness of problems. Frustration when trying to learn and apply skills can also come up. These issues are usually mild and short lived.

Therapeutic Relationship

The relationship between therapist and client is an integral aspect of therapy and is highly related to positive outcomes. Effective communication plays a central role in facilitating a good relationship, so I encourage you to communicate your preferences, needs, and reactions with me. Some clients are hesitant to bring up issues as they are concerned about my reaction or hurting my feelings. While I understand and appreciate this consideration, I prefer that you bring up issues so that they can be addressed. As with any relationship, there may be times when you are frustrated or disappointed with me. Please share these concerns with me so that we can address them to make sure you are receiving the best care possible. Sometimes there is not a good fit between client and therapist. If you do not feel we are a good match, please let me know and we can discuss referrals or termination.

The therapeutic relationship is unique and dynamic. It is a hybrid between a personal and business relationship as you share a very personal journey with your therapist within the confines of a professional setting. This may be confusing, which is why explaining aspects of the therapeutic relationship can be helpful so that you know what to expect.

I am governed by a code of ethics (APA - https://www.apa.org/ethics/code) and licensing regulations aimed at protecting clients and creating an environment in which the highest quality care can be delivered. In order to provide good care, it is important to maintain boundaries. This means that I will not be overly familiar with you (i.e., attend social events/gatherings with you, give/accept gifts, contact family/friends on your behalf, etc.). I will not give advice in areas outside of my scope of practice (i.e., medical, financial, legal areas).

Session Preparation

We have a relatively brief amount of time to cover material each session, so it is imperative that we utilize it effectively and fully. I have found that some clients take time to settle into the session while others do not have a clear idea of what they want to accomplish. Frequently these issues result in lost time during session. You are paying for this service and your time is valuable. I have an obligation to help us make the most of the time for which you are paying and the effort you are investing in treatment. I find that clients benefit from taking a few minutes before sessions to mentally prepare and develop a plan. I have created a session preparation aid to help you accomplish this. I will send it to you after each session and I encourage you to/ask that you complete and send it back to me at least a half hour before our session. This enables me to have relevant handouts, worksheets and other materials ready for our session.

Practice

Just as with any form of learning, practicing skills and techniques learned in sessions is essential for making sustainable and meaningful change. In order to support this learning process, I typically provide exercises, reading, or tasks for practice between sessions. Additionally, application of skills can be complex and challenging, and I can aid with these challenges. For me to provide this assistance, however, you must have an opportunity to put skills and techniques into practice. Clients who engage in practice regularly tend to have better outcomes. To support your practice, I can provide a brief written summary of the practice assignment after each session. I also have a wealth of resources including handouts, forms, worksheets, videos, and websites that I utilize for practice. There are multiple ways to access these supports including having me send them to you through the SimplePractice portal or emailing them to you. Let me know what methods of transmission work best for you.

About Teletherapy

Utilizing the platform

There are user guides made by SimplePractice that provide a wealth of information about the platform including the client portal and telehealth technology. I highly recommend taking a look at these guides. You can find the telehealth guide at https://support.simplepractice.com/hc/en-us/article_attachments/4408295381773/ClientPortal-Telehealth.pdf. The client portal guide can be accessed at https://support.simplepractice.com/hc/en-us/article_attachments/4411572502413/ClientPortal-How_to_Log_in-2021.pdf

If you have any questions or issues, feel feee to reach out yo me by phone or email.

The client portal allows for secure messaging, scheduling, bill paying, completing forms, and sharing documents.

Technical Issues

If we experience connection problems (i.e., inability to access the platform, loss of video/sound), we can engage in troubleshooting to attempt to fix the issue. The following troubleshooting tips are recommended by the telehealth platform:

- Make sure that you have a reliable Internet connection
- Make sure that your computer meets the hardware and software requirements
- Move closer to your router
- Confirm that your speakers and volume control both work
- Test the sound and microphone by using another platform or application through your computer
- Confirm that your computer can play video
- We recommend testing this by watching a video on Youtube
- Make sure that you've granted permissions for the browser to use the camera and the microphone
- See Enabling your camera and microphone access for Telehealthin the Getting started with - - Telehealth guide for more details
- Make sure that any security software you've installed on your computer or browser isn't blocking access to your webcam or microphone forvideo.simplepractice.com
- Clear your browser cache
- Refresh the page on your browser
- Restart the browser
- Try a different supported browser (Chrome, FireFox, or Safari)
- Restart your computer

Should any immediately unsolvable technical issues arise (e.g., loss of internet connection, platform goes down, equipment malfunction, etc.), we can briefly touch base by phone and then reschedule the session. If your insurance company will cover a telephone session or if you would like to self-pay for the session, we can conduct the session by phone if you prefer. I may be able to offer a discounted rate on a limited basis under this circumstance.

Therapeutic Environment

It is important that you are able to be fully present and feel comfortable during our sessions together. I work to maintain a professional environment to facilitate this, which includes wearing a headset to minimize noise and increase privacy. I would appreciate you also striving to create a good environment for our sessions. In general, it is most effective to select a private, quiet place.

I discourage people from conducting teletherapy in public places, as it may jeopardize confidentiality and create distraction. If you chose to conduct the session in a public setting, you are accepting the risk of others' overhearing the content of the session. Similarly, it is difficult to care for children, especially young children, while engaging in session. I encourage you to make every effort to arrange for childcare during our sessions. If your child has to be present during the session, please use headphones to increase privacy.

If the distractions become so great as to interfere with the therapeutic process, I may elect to end the session early. The charge for the session will remain the same. Please note that insurance will not pay for the early termination of the session, so you will be responsible for paying the fee out of pocket. It is your responsibility to ensure that you are prepared for the session, including being in an appropriate setting.

Electronic Communication/Sharing

Telehealth offers opportunities for increasing the ways in which we can communicate, and it also presents some challenges. We can send messages easily and securely using the secure messaging feature of the client portal. The portal also makes sharing files and forms simple. You can access the information through different tools (i.e., computer, tablet, smart phone) in many settings. During sessions we can share screens and file share. In addition to the client portal, you can utilize my secure email to send communications with HIPPA compliant Paubox protected email.

Confidentiality & Privacy

Overview

Feeling comfortable and secure in treatment is fundamental for success. Therefore, it is essential to keep you and your information private and confidential. There are many things I do to protect your information including using secure messaging, HIPPA compliant email, secured electronic health records, and releases of information. Throughout this welcome brochure you will find references to privacy and confidentiality. For a complete account of all privacy and confidentiality measures see the New Dawn Privacy Practices document that was sent to you along with this welcome brochure.

Contact Outside Sessions

Another way in which I protect your privacy is by not acknowledging our relationship in public. Because people may know I am a clinical psychologist, they may recognize that I know you through therapy. If I see you in public, I will not acknowledge you. Should you choose to acknowledge me (and potentially alert others to the therapeutic relationship), I will reciprocate. I will not discuss any therapy related information in public.

Social Media

In order to preserve your privacy and confidentiality, I cannot comment about our therapeutic relationship online. If you post a review of me or comment on my social media accounts, I will not respond (as this would be acknowledgement of our relationship and would violate your privacy). I cannot friend you or accept you as a contact on any social media account either.

Testimonials

If you feel comfortable and are willing, providing testimonials about the quality of care you have received greatly assists me in marketing my services. Should you be open to providing a testimonial, I will ask you to complete a release of information. I will never associate your name with the information you supply. All testimonials are anonymous. You are under no obligation to provide a testimonial.

Contact & Communication

Contacting the Practice/Me

My practice is small and completely virtual, so I do not employ a secretary or have a phone service. An automated system allows me to provide reminder calls/texts/emails.

I am in the office on Mondays and Wednesdays from 7:30am to 5pm. I may spend some time in the office at other times during the week, but I do not have set hours on Tuesdays or Thursday through Sunday. On Tuesdays and Thursdays, I check messages at least once a day during business hours and try to respond as quickly as I can. I am usually out of the office on Friday through Sunday. It is my goal to return any communication promptly and I make an effort to respond to communication within 24 hours. I do appreciate your patience when it takes a bit longer at times, as I may be tending to other clients or professional/personal responsibilities.

You can reach my by phone (307-222-0515), email (cbarrett@newdawnpsychservices.com), mail (PO Box 22079, Cheyenne, WY 82003), or secure message (through the SimplePractice Client portal that can be accessed through the website at https://newdawnpsychservices.clientsecure.me).

Based on the type of communication and the material we are discussing, I may recommend that we schedule a session to discuss it. There are some circumstances in which extended contact (i.e., more than 10 minutes) may be appropriate and/one necessary. If it is warranted, we can discuss specific guidelines and procedures for between session contact. Please note that there may be fees for delivery of these services, and insurance companies often will not reimburse for phone sessions, so any fees incurred will likely be self-pay.

If you have a time sensitive message or need something quickly, please mark the message as “URGENT.” Do keep in mind that if it is an emergency (i.e., there is an imminent threat of harm to you or someone else), you need to contact emergency services and/or a crisis line. I will respond as quickly as possible to urgent messages. Given the time constraints associated with urgent messages, I may not be able to make as detailed a response as normal. Also consider scheduling a focus session, so we can follow-up with any urgent issues.

While it might be frustrating to not have constant access to your therapist, it can be helpful in our work together. It allows me to have a full, healthy life outside of work that gives me passion and insight when I work with clients. Like you, I need to recharge in order to be at my best. It also helps us to focus on our work and be effective with the time we have. You are paying for my services, and it is important that you get the most out of our interactions. I expect that you will communicate with me about concerns, issues and problems so that we can address them. Please know that I want to hear from you about your experience. We won't be able to make things better if we don't discuss them.

Please communicate your expectations of me and therapy. Let me know what you want to get out of this process and how you envision this process unfolding.

Because I am not constantly monitoring forms of communication, do not use these methods of communication for crisis or emergency. If you are in crisis or have an emergency, please call 911 or utilize a crisis line:

Crisis Text Line
https://www.crisistextline.org
Text HOME to 741741
Text WYO to 741741

Wyoming Suicide Hotline
800-SUICIDE

Wyoming Crisis Line
800-273-TALK

NAMI Helpline (8am-8pm)
1-800-950-NAMI

Practice Contact of Others

As discussed in the confidentiality section, in general I will not share information about you with others. There are some circumstances in which I might have to contact others about you. Below are some of the instances in which I would have to contact others and how I would go about doing it.

Emergency/Crisis/Concern: If I believe that you may be a danger to yourself or others (i.e., I am concerned you may be about to or have hurt yourself or someone else), I will need to get you help. This sometimes occurs when I have not been able to get in contact with you and you have missed an appointment. When conducting telehealth sessions, we may get disconnected and not be able to make contact again. Depending on the circumstances surrounding the session being cutoff, I may want to make sure you are alright. In the case of an emergency or crisis, I will first attempt to reach out to your emergency contact, which is why it is important that you make sure to fill out the emergency contact form that I have sent to you and update me should the contact person or information change. We can discuss what information you would like me to share with the emergency contact Depending on my ability to reach the emergency contact, the report from the emergency contact, or the nature of the circumstances, I may have to make contact with local emergency services to conduct a welfare check. If I have to do this, I will only provide them with the least amount of information possible. I will also inform you of the contact as well as the nature of the information that was shared.

Referrals & Continuity of Care: You may request a referral to a different provider or want me to share information with another treatment provider (e.g., primary care doctor, medication prescriber, etc.). In those instances, I will have you fill out a release of information authorizing me to share information about your care with that specific individual(s) or practices. You can specify exactly what information you would like to be shared. We will discuss the duration during which you would like to grant me authorization to share the information.

Contact from Others

If you would like others to be able to contact me and discuss your care, you will need to fill out a release of information. Without a release of information, I cannot provide any information to others including acknowledging that you are receiving care from me. Others may contact me to communicate information on your behalf (i.e., calling to cancel an appointment for you), but I will not be able to engage with them without a release (e.g., discuss rescheduling, etc.).

Scheduling & Attendance

Scheduling a Session

You can request an appointment through the client portal, which you can access through the client engagement website at www.newdawnpsychservices.clientsecure.me (there are also links on the main practice website at www.newdawnpsychservices.com). Available times will be presented and you can make the request using the website. Availability will only appear for appointments greater than 24 hours in the future. Sometimes I have cancellations and may have an appointment available, so you can contact me to check availability if you would like an appointment less than 24 in advance.

If none of the available times work for you, or you have something urgent, you can reach out to me by phone, email, or secure message to request a different meeting. I may or may not be able to accommodate alternative meeting days/times, but if possible I will do my best to work with you.

Appointment Reminders

The platform I use sends out automated appointment reminders. You can opt out of reminders if you would like, but I recommend receiving at least one reminder to help avoid missed or late cancelled appointments. Reminders can be sent by text, call, email or all three methods. Let me know which you prefer.

Late Arrivals

If you arrive to a session late, we may not be able to have a full session. Depending on how late to the session you are, it may not be possible to bill insurance for the session. If it is possible to bill insurance for the session (i.e., for a 30 or 45 minute session), you may be charged for the time difference using the same formula as late cancels or no shows. For instance, if you attend 30 minutes of a session and insurance is billed for that 30 minutes, you would be responsible for the 30 minutes of the session you did not attend but for which you were scheduled. If it was your first time having issues with attendance (i.e., being late, late cancelling, or no showing), you would be charged 40% of the prorated fee for the 30 minutes plus your co-pay.

If you are going to be more than 15 minutes late to the session, please let me know. Since the appointments are teletherapy sessions, I will remain in the virtual therapy room for 15 minutes before exiting. If you would like to enter the session more than 15 minutes after the start time, please call and let me know so that I can re-enter the room.

Cancellation & No Show

I ask that you cancel appointments at least 24 hours prior to the appointment start time. It is my goal to support you in your wellness journey and I recognize that sometimes things come up that interfere with your ability to attend sessions. There are multiple ways of cancelling sessions including calling me, emailing me, and secure messaging me, or using the client portal. If you have questions about how to use the client portal, refer to the SimplePractice Client Portal Guide or ask me.

Late cancellations (less than 24 hours prior to the appointment) and no shows (did not attend and did not cancel) may result in being charged a fee. I recognize that there are circumstances that may necessitate a late cancel or no show, so I encourage clients to discuss it with me. I try to balance client needs with valuing my own time and resources. In the case of a first late cancel or no show, I may charge 40% of session cost. A second late cancellation or no show may be charged at 60% of the session cost. Third and subsequent late cancellations or no shows may be charged the full session cost. Please note that most insurance companies do not pay for late cancellations and no shows, so these fees would be self-pay fees. If you repeatedly late cancel and no show, we should discuss your treatment goals and reassess whether it is a good time for you to be in therapy.

Therapist Cancellation

In the event that I need to cancel an appointment, I will send a secure message notifying you of the cancellation. I will also cancel the session on the platform. When possible, I will also call to notify you of the cancellation.

Fees, Payment & Billing

Insurance

I am an in network provider for Blue Cross Blue Shield of Wyoming. I am working to be in network for United Healthcare, and Aetna insurance companies. I am also working to accept Wyoming Medicaid. If you would like to use insurance, please contact your insurance provider prior to our first session to ensure that your policy will cover our sessions (i.e., get pre-authorization). Be aware that sometimes insurance companies will not pay if you have not obtained pre-authorization before engaging in treatment.

If you have a co-pay, it will be due at the time of service. Please note that even if you opt to utilize insurance, you are ultimately responsible for paying for the services. Should there be an issue with your insurance coverage, you will be asked to pay cash (credit card, check, or cash) for the services. The following are good questions to ask your insurance company:

- Is Dr. Barrett in-network on my plan?
- Are there any requirements that need to be met in order for therapy to be covered (like getting a referral from my primary care provider)?
- What is my deductible for in-network outpatient mental health?
- How much of my deductible have I already met?
- Is there a co-pay? If yes, what would it be?
- Are telehealth visits covered on my plan?
- Are phone sessions covered if there are issues with a video session?
- If Dr. Barrett is out-of-network, how can I submit claims?
- What is the coverage for out-of-network mental health services?

If your insurance policy is with a different company, I may be able to provide services as an out of network provider.

Fees

Intake sessions during which I conduct psychodiagnostic interviewing and treatment planning are charged at a rate of $235. My rates for sessions vary depending on the length of the session. Individual therapy that lasts 55 minutes is $200 and a 30 minute session is $100. I am able to offer a discounted rate for prompt payment ($178 for intake sessions, $150 for 55 minutes, and $75 for 30 minutes). You have the option of pre-paying for services or paying cash immediately after a session.

Clients paying by insurance may have a co-pay that is due at the time of service.

Some types of phone contact may result in being charged for the service (i.e., a phone session, skills coaching). I will discuss these fees prior to delivering the service so that you can agree to engage in the service.

On rare occasions it may be beneficial to extend the length of a session (if possible). The additional time in session will be charged at a prorated rate.

There may also be fees for arriving considerably late to a session, late cancellations (less than 24 hours prior to the appointment), and no shows (did not attend and did not cancel). Please see the Scheduling and Attendance section for more information.

Sliding Scale

I do not offer sliding scale at this time. If you would like referrals to practices that offer sliding scale, please let me know and I will be happy to provide them.

Payment

I accept all major credit cards. This is the most convenient way to pay for services as it can be done electronically. As part of this intake packet, I have sent you a credit card authorization form. It can be helpful to have a credit card on file to help make things simpler for both of us. I will inform you before I charge your card (i.e., in case of a late arrival/late cancel/no show/extended session/phone session).

I also accept cash and checks that can be mailed to me at PO Box 22079, Cheyenne, WY 82003.

Non-Payment

If there are issues with payment, we may have to suspend treatment (typically after two sessions without payment). Should issues arise with paying for services, we can work together to try to develop an appropriate solution. In extreme cases, I may have to enlist the aid of a debt collection agency.

Billing

I typically provide invoices after each session, but this can be modified to meet your needs (i.e., weekly, biweekly, monthly, etc.). If you need a superbill to submit charges to your insurance company, I can provide you with them. I utilize an electronic billing system so invoices and superbills are sent digitally. If you would like a paper copy of the invoices mailed to you, this can be arranged.

Termination, Referral & Follow-Up

Treatment Completed

When treatment goals have been achieved to a reasonable degree and sufficient skills have been learned, we may decide together that treatment can conclude. As we near this point, we may start to have sessions less frequently or switch to shorter sessions. This enables us to make sure that gains can be sustained and maintained without as much assistance from me. Self-efficacy, or confidence that you can do something, is essential for success. Transitioning from more intensive support to less intensive support helps to develop self-efficacy. We will discuss termination and mutually determine when we should end treatment. Part of preparation for termination includes reviewing skills. I will put together a custom termination packet that provides information on the skills we have covered, and includes relapse prevention techniques and future goals to work towards outside of treatment.

Client Initiated Termination

Clients may decide to end treatment independently. This can occur when clients do not feel like the therapist is a good fit, they do not have time to devote to treatment, or they can no longer afford treatment (this sometimes occurs when insurance no longer covers services and a client is unable to self-pay). If you decide to end treatment, please let me know. I can provide you with referrals to other providers or services depending on your needs. I can also give you a termination packet with therapy resources to support you while you transition to another provider or if you are taking a break from treatment but would like to do some work independently.

Therapist Initiated Termination

Therapists may end treatment under certain conditions. Sometimes clients need more support than I can provide. Currently I am providing services at my practice part-time and do not have support staff. I would not be able to meet the needs of clients who need frequent contact or crisis services, which might prompt me to end treatment. If a client is unable to pay for services, I may end treatment. I may also end treatment if a client threatens or harasses me. In these instances, I will provide clients with notice and give them referrals for other providers/services. I will also provide resources to help support them during the transition.

Post Termination Follow-Up

After completing a course of treatment, clients sometimes need some additional support or skills refreshers. Often the type of assistance that is needed after treatment has been completed is less involved and intense. We frequently refer to these types of sessions as “booster” sessions and they typically last about 30 minutes. You can contact me anytime after termination to discuss engaging in brief follow-ups as needed. Please check with insurance to make sure these services are covered. I am also happy to provide information on additional resources and self-help options to support you in maintaining gains made in treatment.

Support & Resources

About. I have several therapy tools that I utilize in treatment and as a way of helping people transition out of therapy or while switching providers. Over the years I have developed handouts and worksheets. I also have compiled information on resources available in the community and on the web. I can provide access to these resources in a few different ways. I can send these files to clients via the client portal or I can email them. There are also resources on my website. I am working to make handouts and worksheets available for download to clients through a private area of the website. Once this function is available, I will notify you. Please ask me if you would like any resources related to specific topics.

Statement of Principles & Complaint Procedures

It is my intention to abide by all the rules of the American Psychological Association (APA) and by those of Wyoming.

Problems can arise in our relationship, just as in any other relationship. If you are not satisfied with any area of our work, please raise your concerns with me as soon as possible. Our work together will be slower and harder if your concerns with me are not worked out. Some issues that arise between us may be clinically relevant to other relationships in your life. I will make every effort to hear any complaints you have and to seek resolution. If you feel that I (or any therapist) have treated you unfairly or have broken a professional rule, please tell me. You can also contact the state licensing board for the discipline under which any therapist practices (psychologist, psychiatrist, licensed professional counselor, or social worker). Staff members there can help clarify your concerns or tell you how to file a complaint.

In my practice as a therapist, I do not discriminate against clients because of any of these factors: age, sex/gender, sexual orientation, marital or family status, race, color, religious beliefs, ethnic origin, place of residence, veteran status, physical disability, health status, or criminal record unrelated to present dangerousness. This is a personal commitment, as well as being required by some federal, state, and local laws and regulations. I will always take steps to advance and support the values of equal opportunity, human dignity, and racial, ethnic, and cultural diversity. If you believe you have been discriminated against, please bring this matter to my attention immediately.

Getting Started

We will discuss this information at our first meeting. If you have any questions or concerns, please let me know. As we work together, we can revisit the information in this guide as needed. Thank you for your businesses and I am excited to be a part of your wellness journey.