

## ACPD

### ASSOCIATES IN COUNSELING & PERSONAL DEVELOPMENT

Welcome to Associates in Counseling & Personal Development.

ACPD is a group of individual private psychotherapists who market their individual services under the name of “Associates in Counseling & Personal Development”. All of the associates operate as separate and independent practitioners/consultants. For your convenience and information, we have provided this fact sheet. Please take a moment to review this information. If you have any questions, please feel free to ask your private therapist. You are the consumer. You deserve to be fully informed.

It is expected that payment arrangement will be made between you and your personal therapist in the first session. This is a unique process, which varies depending upon provider coverage, insurance deductibles and personal financial considerations. Your payment arrangement is between you and your private counselor.

**PLEASE BE AWARE THAT CANCELED/MISSED SESSIONS ARE CHARGED FOR OUR FULL RATE UNLESS:**

- (1) THERE IS 48 HOURS NOTICE OR,**
- (2) YOU AND YOUR PERSONAL THERAPIST HAVE MADE SPECIAL ARRANGEMENTS.**

There are no standard fee rates. You and your personal psychotherapist will make all fee decisions and insurance arrangements in private. Some insurance companies do authorize sessions, but do **not** guarantee payment for those services. In signing this on the reverse side, you agree to be responsible for fees denied by your insurance company should that occur. You will be billed at my rate. This may be different from the rate of reimbursement of your insurance company.

Information discussed in your individual therapy sessions is confidential. Information about you will not be revealed to anyone without your clear knowledge and consent. Unless you sign a release of information, each individual practitioner is professionally obligated to maintain strict confidentiality.

Information discussed in marital or family therapy is legally not confidential due to the number of people involved. However, disclosure of such material will not be made by any individual counselor without first obtaining a release of information from you, their private client. Please take a moment to review the sheet provided by your therapist on the varying aspects of confidentiality.

The private practitioners of ACPD pride themselves on direct phone availability. This is individually arranged and monitored by your personal therapist. You will be given a direct number which you may use to reach your therapist during off hours in case of an emergency.

Available ACPD services are as follows:

- Individual psychotherapy tailored to your needs
- Marital therapy/partnership therapy
- Family therapy
- Group therapy – as groups are available/needed
- Training workshops and educational seminars
- Business consultations
- Self-development and empowerment training
- Fitness evaluations and program designs
- Healing rituals

Our clients come to us with many different types of concerns. Some of these are:

- Pre-marital questions
- Relaxation training for stress management
- Incest/abuse survivor trauma
- Career counseling
- Problems of childhood and adolescence
- Suicide survivor grief
- Losses/grief concerns
- Drug and alcohol abuse issues
- Relationship confusion
- The desire to feel “happier”
- Help with the difficulties of divorce trauma
- Physical illnesses/disabilities and their life impact
- Domestic violence situations
- Parenting issues
- New mother/father concerns
- Depression
- Anxiety Disorder
- Fitness consultations and program design

If you have any further questions, please do not hesitate to ask. Your personal therapist is here to provide quality services designed to improve your situation and meet your needs in the best possible manner.

Your personal therapist: \_\_\_\_\_

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_