



Brittany Chidley, Psy.D

Licensed Psychologist 25950

Licensed Marital & Family Therapist 52285

Owner/ Director

Dear Prospective Patient,

This letter includes important documents and forms that I would like you to read and complete before our first appointment as they include important information about your therapy. I am happy to answer any questions about any of the forms during our first meeting, or at any subsequent session as we move forward.

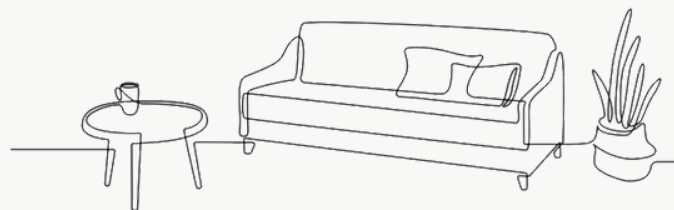
If you are unable to print any of these forms before the first session, please let me know and I will have copies available at my office for you to sign. If you plan to complete the forms in the office instead of beforehand, please arrive about 15 minutes prior to the appointment time.

My office is located at: 7183 Navajo Road Suite i, San Diego, CA. 92119.

I'm looking forward to meeting you,

Dr. Brittany Chidley

PSY 25950, LMFT 52285





Brittany Chidley, Psy.D

Licensed Psychologist 25950

Licensed Marital & Family Therapist 52285

Owner/ Director

PATIENT INFORMATION FORM

Patient Name :

Birthdate:

Age:

Contact Information:

Address

City

State

Zipcode

Home phone

Cell phone

Can a message be left

:

Yes

No

Special Instructions

Email Address:

May I send email :

Yes

No

What is your current relationship status? For example, in a committed relationship, single, married, widowed, partnered, separated, divorced, etc. _____ . If not married, with a significant other? Yes No Length of Relationship _____

Pregnancies (if applicable): _____ # of Children _____

Age(s) _____.

Were you adopted? Yes No

Religious/Spiritual Preference: _____

How would you describe your ethnicity or race? _____

How would you describe your sexuality? _____

How would you describe your gender identity? (female, nonbinary, trans man or trans female, gender fluid, cis male, etc). _____

What pronouns do you use? _____

Patient Information:

Name of close friend or relative in case of emergency _____

Their phone number:

Have you had previous therapy/counseling? Yes No
If yes, with whom? _____ Start date _____ End Date _____
Who may I thank for referring you to me? _____

Please check the problems or concerns that you would like help with in therapy:

- | | |
|---|---|
| <input type="checkbox"/> Academic Concerns | <input type="checkbox"/> Lack of Motivation |
| <input type="checkbox"/> Addictions | <input type="checkbox"/> Legal Concerns |
| <input type="checkbox"/> ADHD/learning problems | <input type="checkbox"/> Loneliness/Lack of Support |
| <input type="checkbox"/> Adjustment to new situation | <input type="checkbox"/> Loss, grief, death |
| <input type="checkbox"/> Alcohol or Drug Concerns | <input type="checkbox"/> Self-esteem |
| <input type="checkbox"/> Anger Management | <input type="checkbox"/> Medical or Health Concerns |
| <input type="checkbox"/> Anxiety, fear, nervousness | <input type="checkbox"/> Mood Swings |
| <input type="checkbox"/> Bullying/Intimidation | <input type="checkbox"/> Panic Attacks |
| <input type="checkbox"/> Career/job Concerns | <input type="checkbox"/> Paranoia |
| <input type="checkbox"/> Caregiver Stress | <input type="checkbox"/> Parenting/Parent Child Concerns |
| <input type="checkbox"/> Compulsive Behavior | <input type="checkbox"/> Phase of Life Problems |
| <input type="checkbox"/> Concentration Difficulties | <input type="checkbox"/> Phobias/Specific Fears |
| <input type="checkbox"/> Concern with other's well being | <input type="checkbox"/> Physical Abuse/Assault |
| <input type="checkbox"/> Cultural/Multicultural Concerns | <input type="checkbox"/> Procrastination |
| <input type="checkbox"/> Cutting or Self Injury | <input type="checkbox"/> Relationship Concerns |
| <input type="checkbox"/> Depression, Sadness | <input type="checkbox"/> Sexual Abuse or Assault |
| <input type="checkbox"/> Divorce/Separation | <input type="checkbox"/> Sexuality Concerns |
| <input type="checkbox"/> Eating Concerns/Body Image or Weight | <input type="checkbox"/> Sexual Dysfunction |
| <input type="checkbox"/> Emotional/ Psychological Abuse | <input type="checkbox"/> Sleep Difficulties |
| <input type="checkbox"/> Family Problems | <input type="checkbox"/> Spiritual/Religious Concern |
| <input type="checkbox"/> Feeling Doomed or Helpless | <input type="checkbox"/> Stress or Tension |
| <input type="checkbox"/> Financial Concerns | <input type="checkbox"/> Suicidal Thoughts |
| <input type="checkbox"/> Flashbacks/Nightmares | <input type="checkbox"/> Suicide Attempt |
| <input type="checkbox"/> Identity/sense of self | <input type="checkbox"/> Racing/Obsessive Thoughts |
| <input type="checkbox"/> Impulse Control | <input type="checkbox"/> Trauma |
| <input type="checkbox"/> Impulse Control | <input type="checkbox"/> Trouble Making Decisions / Getting Things Done |
| <input type="checkbox"/> Intimate Relationship Concerns | |

Please list immediate family members, partner(s), children, parent(s), sibling(s), housemate(s), or roommate(s) who reside with you:

Names:

Relationship to you in age:

Contact Information:

Are you currently taking any medication or supplements? Yes No

If YES, please list dosage, frequency, and prescribing doctor _____

Are you currently seeing a psychiatrist? Yes No

If Yes, Name: _____

Name of Primary Care Physician: _____

City and State: _____

May I coordinate Care? Yes No Phone Number:

Date of last visit to Physician: ____/____/____

Medical Relevant Conditions (please list) :

1. _____ 3. _____

2. _____ 4. _____

Alcohol use (circle)? Yes No

If YES, frequency? ____/day OR ____/week OR ____/month

Cigarette use (circle)? Yes No

If YES, frequency? ____/day OR ____/week OR ____/month

Caffeine use (circle)? Yes No

If YES, frequency? ____/day OR ____/week OR ____/month

Do you exercise? Yes No

If YES, frequency? ____/day OR ____/week OR ____/month

Please circle all drugs you have ever used and indicate date of last use:

- | | | |
|--|---|---|
| <input type="checkbox"/> Marijuana _____ | <input type="checkbox"/> Mushrooms _____ | <input type="checkbox"/> PCP _____ |
| <input type="checkbox"/> LSD/Acid _____ | <input type="checkbox"/> Ecstasy _____ | <input type="checkbox"/> Heroin/Opium _____ |
| <input type="checkbox"/> Cocaine (coke, crack) _____ | <input type="checkbox"/> Amphetamines (meth, speed) _____ | <input type="checkbox"/> Inhalants/Solvents/Other _____ |

Family History (Check Appropriate Boxes)

	Mother	Father	Siblings	Aunt/ Uncle	Grandparents
Depression					
Alcohol/ Substance Abuse					
Anxiety					
Suicide Attempt Or Completion					
ADHD					
Marital Issues					
Significant Physical Disability					
Survivor or perpetrator of physical/sexual Abuse					

What are the areas of your life for which you are seeking assistance? _____

How long has this been a concern? _____

Insurance Information

Insurance Company _____ Policy # _____

Insurance Address _____

Insurance Phone Number (____) _____ Group # _____

Social Security Number (patient) _____ (insured) _____

Occupation _____ Employed by _____

Insured's Address, Date of Birth, Phone, and Employer (if different):

Are you involved in any legal proceedings currently, or do you anticipate being involved with any lawsuits? Yes No If yes, please explain: _____

CONSENT FOR TREATMENT NOTICE OF BUSINESS POLICIES AND PRIVACY PRACTICES

Welcome to my practice.

Please read the following closely as this document contains important information related to my professional services and business policies. I am happy to answer any questions you may have at any time. When you sign this document, it will represent an agreement between us. The information provided regarding my policies for protecting the privacy of your confidential medical information is required by law.

The psychotherapy I provide varies depending on your characteristics and the particular concerns you bring forward. Psychotherapy is not like other forms of treatment in that it calls for an active effort on your part. In order for psychotherapy to be as successful as possible, you will need to consider the things we talk about both during and between our sessions, and consider making changes in some of your habits and in the way you think about certain things.

Psychotherapy has benefits and risks. Since psychotherapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, extensive research indicates that psychotherapy often offers benefits, including improved mood, better relationships, solutions to specific problems, and significant reductions in feelings of distress. In short, while psychotherapy is often helpful, there are no guarantees of what you will experience in psychotherapy. Psychotherapy involves an initial evaluation, which typically takes one or two sessions to complete. By the end of the evaluation period, I will offer you some initial impressions of how our work together might be helpful should you decide to continue with treatment.

You should evaluate this information along with your own impressions of whether you feel comfortable working with me. Psychotherapy involves a significant investment of time, money, and energy, so you should think carefully about making this commitment. If you have questions or concerns about our work together, we can discuss them when they arise. It is important that we discuss your concerns and attempt to address them directly. If you decide at any time that our work together is not meeting your needs, I would be happy to help you determine the best course of action, such as beginning treatment with another mental health professional or disengaging in treatment altogether.

During the initial evaluation, we can both decide if I am well positioned to provide the services that you need. If we decide to work together in psychotherapy, I will typically schedule follow up appointments between 40-55 minutes weekly or every other week depending on what we agree upon. Occasionally, appointments will be extended to over 55 minutes depending on the need of the session. Once an appointment hour is scheduled, you will be expected to pay for it unless you provide 48-hours advance notice of cancellation. Because missed appointments cannot be billed to insurance carriers, you will be solely responsible for paying for those appointments.

Professional Fees

My hourly fee is \$175.00 for our initial evaluation appointment. For regular follow up appointments (approximately 45 minutes) my fee is \$150.00. Couples counseling is booked for a full hour at the rate of \$165.00. In addition to regular appointments, I charge this amount for other professional services you may need, but I will break down the hourly cost if I work for periods of less than one hour. Other services may include report writing, extended telephone conversations, attendance at meetings with other professionals you have authorized, preparation of records or treatment summaries, and the time spent performing any other service you may request of me.

Billing and Payment

Billing and payment for Services is completed by myself or my medical biller, Julie Hulstine. Julie Hulstine manages the majority of my billing. She will have access to limited information about you and my work with you—for example, she will know your name, address, diagnosis, and other similar information, and will also know about the services I've provided for you. Copayments are due at the time of service if using insurance. Payment for service can be received by cash, check, PayPal, and by credit/debit cards stored on file, or charged through website.

Insurance Reimbursement

While health insurance plans differ depending on plan and benefits, they generally provide some coverage for mental health treatment. Deductibles may need to be met and copayment amounts vary. If you want to fax me your insurance information to have a pre-appointment check please do so at 619.567.2311. There is no guarantee to coverage.

All of my insurance claims are managed by my medical biller, Julie Hulstine with Reliable Mental Health Billing. She will submit claims on your behalf unless you prefer otherwise. You should carefully review the details of your insurance coverage for mental health services. If you have questions about the coverage, please call your plan administrator. You should also be aware that most insurance companies require you to authorize me to provide them with a clinical diagnosis. Sometimes I have to provide additional clinical information such as treatment plans or summaries. This information will become part of the insurance company files and will probably be stored in a computer. I will provide your insurance company with only the information required in order to meet their administrative needs. I am happy to provide you with whatever information I can based on my experience and will be happy to help you in understanding the information you receive from your insurance company. Once we have all of the information about your insurance coverage, we will discuss what we can expect to accomplish with the benefits that are available and what will happen if they run out before you feel ready to end treatment. Note that you always have the right to pay for my services yourself if you don't want to use your insurance or if your insurance is limited.

By signing this consent form, you authorize me to provide information to your insurance company as needed for payment for services. It is important to understand that there are certain situations where insurance will not pay for mental health services: Insurance will not pay for missed sessions or sessions that are cancelled less than 24 hours in advance. Insurance also does not pay for missed EAP appointments, court-ordered treatment outside the scope of routine outpatient care, legal matters, or any time you elect not to use your insurance for services. By signing this form, you acknowledge and accept the limitations of what your insurance company will pay for and what you would be responsible for yourself. You are responsible for any fees not covered by your insurance. Please note that you always have the right to pay for my services yourself if you don't want to use your insurance or if your insurance is limited. I will provide your insurance company with only the information. By signing this consent form, you authorize me to provide information to your insurance company as needed for payment for services.

Professional Records and Confidentiality

The laws of California and the standards of my profession require that I keep treatment records. The information in your medical record is utilized in a number of ways. I use it to plan your treatment and keep a record of the significant issues that we address in treatment. I also use the information to coordinate your treatment with other professionals or to provide information to significant others or family members; information is only provided to those that you have given me permission in writing to communicate with regarding your treatment. I will maintain treatment records for a minimum of seven years following termination of treatment. Afterward, treatment records will be destroyed in a manner that preserves confidentiality.

Exceptions to Confidentiality

There are some exceptions to confidentiality and I will provide information from your record when required to do so by local, state or federal law. In most legal proceedings, you have the right to prevent me from providing any information about your treatment. In some proceedings involving child custody and those in which your emotional condition is an important issue, however, a judge may order my testimony if she or he determines that the issues demand it. There are some situations in which I am legally obligated to take action to protect others from harm, even if I have to reveal some information about a client's treatment. For example, if I believe that a child, a person over age 65, or a disabled person is being abused or mistreated, I am required to file a report with the appropriate state agency that can investigate that matter. If I believe that a client poses a serious risk to someone else, I am required to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the client.

If the client threatens to harm her or himself, and I am not able to resolve the situation in treatment, I may seek hospitalization for the client or contact family members or others who can help provide protection. I am also obligated under the law to report to the appropriate authorities any instance where a client discloses that s/he has accessed, streamed, or downloaded material where a child is engaged in an obscene sexual act.

I must also report electronic images of children that depict obscene sexual conduct. Professional consultation is an important component of psychological practice, and I may occasionally find it helpful to consult other professionals regarding clinical, ethical, and/or legal issues. During a consultation, I make every effort to avoid revealing the identity of my client and/or my client's family members or caregivers. If a situation occurs that requires that I share information without your written permission, I will make every effort to fully discuss it with you before taking any action. In most situations, in order to release any information to another party, I will ask that you sign an Authorization to Release Information. You may revoke your authorization at any time.

MINORS & PARENTS

Because privacy in psychotherapy is often crucial to successful progress, particularly with teenagers, and parental involvement is also essential, it is usually my policy to request an agreement with minors [over age 12] and their parents about access to client information. This agreement provides that during treatment, I will provide parents with only general information about the progress of the treatment, feedback as to actions that may be helpful to the client's treatment, and the client's attendance at scheduled sessions. I will also provide parents with a summary of their child's treatment when it is complete. Any other communication will require the child's Authorization, unless I feel that the child is in danger or is a danger to someone else, in which case, I will notify the parents of my concern. Before giving parents any specific information, I will discuss the matter with the child, if possible, and do my best to handle any objections he/she may have. Clients under 18 years of age who are not emancipated can consent to psychological services subject to the involvement of their parents or guardian unless the psychologist determines that their involvement would be inappropriate. A client over age 12 may consent to psychological services if he or she is mature enough to participate intelligently in such services, and the minor client either would present a danger of serious physical or mental harm to him or herself or others, or is the alleged victim of incest or child abuse. In addition, clients over age 12 may consent to alcohol and drug treatment in some circumstances. However, unemancipated clients under 18 years of age and their parents should be aware that the law may allow parents to examine their child's treatment records unless I determine that access would have a detrimental effect on my professional relationship with the client, or to his/her physical safety or psychological well-being.

Litigation

I will not voluntarily participate in any litigation or custody dispute involving a client. I have a policy of no communication with a client's attorney and will generally not write or sign letters, reports, declarations, or affidavits to be used in a legal matter. I will generally not provide records or testimony unless compelled to do so. Should I be subpoenaed or ordered by a court of law to appear as a witness in a legal matter involving you, you agree to reimburse me for any time spent for preparation, travel, or other time in which I have made myself available for such an appearance at an hourly rate of \$350, or a daily rate of \$2,000.

Complaints

The California Department of Consumer Affairs' Board of Psychology receives and responds to questions and complaints regarding the practice of psychology. You may contact them by calling 1-866-503-3221, at www.psychboard.ca.gov, or by writing to the Board of Psychology, 1422 Howe Avenue, Suite 22, Sacramento, CA 95825.

Information In Your Medical Record Including the Right to Inspect and Copy

You are entitled to receive a copy of your medical record unless I believe that receiving that information would be emotionally damaging. Because these are professional records, they can be misinterpreted or upsetting to untrained readers. If you wish to see your records or receive a copy of your records, I require written notice to that effect, and I would expect to discuss your request with you in person. I typically provide a treatment summary when there is a request for records. If I deny you access to your records, you can request to speak with an independent mental health professional about the situation. Your request for independent review of your original request for records should also be made in writing. If you are provided with a copy of your medical record information, I charge my hourly fee for any costs associated with that request. If you believe that the information I have about you is incorrect or incomplete, you may ask me to amend that information. It is my practice to accept this sort of request in writing, and that any information you may wish to add to your record also be provided to me in written form. You have the right to request an Accounting of Disclosures. This is a list of the disclosures I have made of medical record information. That information is listed on the Authorization To Release Information, and will be provided to you at your written request. You have the right to request a restriction or limitation on the health information I disclose about you for treatment, payment, or health care operations. As noted above, I will not release your confidential information without your written permission. Any restrictions to your Authorization To Release Information should be specified on the Authorization. You have the right to request that I communicate with you only in certain ways. For example, you can ask that I not leave a telephone message for you, or that I only contact you at work or by mail.

Complaints Regarding Privacy Rights

If you believe your privacy rights have been violated, you may file a written complaint with me, or with an independent mental health professional, or with the U.S. Department of Health and Human Services, 50 United Nations Plaza, Room 322, San Francisco, CA, 94102. You will not be penalized for filing a complaint. You have the right to a paper copy of this document, and you will be offered one when you sign the original for your treatment record. I reserve the right to change my policies as outlined in this document-- if they change you will be informed of that change and will be provided with a copy of the updated form.

Termination of Treatment

I reserve the right to terminate treatment at my discretion. Reasons for termination include, but are not limited to, cessation of my practice, untimely payment of fees, conflicts of interest, failure to participate in treatment or to make adequate progress in treatment, or treatment needs that are outside the scope of my practice or expertise. You also have the right to terminate treatment at your discretion. Should either of us decide to end treatment, I will generally recommend that you participate in a final session so that we can reflect on the work that was completed and discuss any ongoing treatment needs. When indicated, I will also offer referrals and attempt to ensure a smooth transition for any recommended ongoing treatment.

Contacting Me

I am often not immediately available by telephone. In addition to my private practice, I have other responsibilities at other locations. When I am unavailable, my telephone will roll over to a voicemail system that I check frequently. I will make every effort to return your call in a timely fashion, and typically within a business day or two after you leave me a message. I am unable to provide 24-hour crisis service. In emergencies, you can attempt to reach me at my office number and leave a message. If I will be unavailable for an extended time, the voicemail greeting will provide you with the name of a colleague to contact, if necessary. If you feel that you can't wait for a return call, you can contact the San Diego Access and Crisis Line (1-888-724-7240) or go to the nearest hospital emergency room and ask for help. If you are experiencing a medical emergency, call 911. If you simply want someone to talk to for support, the County of San Diego operates the WARM Line, available everyday during afternoons and evenings, at 1-800-930-9276. Finally, the Suicide Prevention Lifeline offers support by phone or chat at [https://suicidepreventionlifeline.org/\(1-800-273-TALK\)](https://suicidepreventionlifeline.org/(1-800-273-TALK)). If I am on vacation and you have an emergency, you may call my voicemail and the outgoing message will have the name and contact information of a colleague who is on call on my behalf.

Acknowledgement

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

By signing below, you acknowledge that you have reviewed and fully understand the terms and conditions of this agreement and consent. Moreover, you agree to hold me free and harmless for any claims, demands, or suits for damages from any injury or complications whatsoever, save negligence, that may result from treatment. You also understand that you are financially responsible for all charges for services provided, including unpaid charges by your insurance company or other 3rd party payor. You allow Reliable Mental Health Billing Services or myself to file on your behalf for payment of services with your insurance company and receive payment for these services directly. You agree that Dr. Brittany Chidley may release any and all records to my insurance company or payor as requested for the process of my claim for services.

Client Name (printed): _____

Date: _____

Signature: _____

Social Media Policy

This document outlines my office policies related to the use of Social Media. Please read it to understand how I conduct myself on the Internet as a mental health professional, and how you can expect me to respond to various interactions that may occur between us on the Internet. If you have any questions about anything written within this document, I encourage you to bring them up when we meet. As new technology develops and the Internet changes, there may be times when I need to update this policy. If I do so, I will notify you in writing of any policy changes and make sure you have a copy of the updated policy.

Friending: I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, etc.) I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship.

If you have any questions about this, please bring them up when we meet and we can talk about it more. **Following:** I do not follow current or former clients on blogs or Twitter. My reasoning is that I believe casual viewing of clients' online content outside of the therapy hour can create confusion regarding whether it's being done as a part of your treatment or to satisfy my personal curiosity. In addition, viewing your online activities without your consent and without our explicitly arrangement towards a specific purpose could potentially have a negative influence on our working relationship. If there are things from your online life that you wish to share with me, please bring them into our sessions where we can view and explore them together, during the therapy hour.

Texting or Messaging:

My office number may be used for texting about scheduling-related issues or concerns. However, please do not use SMS (mobile phone text message) to contact me for anything other than a schedule change. Text messages are sometimes unreliable, so I may not receive the text you sent. I may not read the text in a timely fashion so the best way to contact me in an urgent situation is by phone. You should also be aware that these exchanges become a part of your legal medical record and will need to be documented and archived in your chart.

Email:

I prefer using email only to send a form or scheduling issues. I will email you using my encrypted email server through GSuite. This is the only secure way for us to email. Please do not email me content related to your therapy sessions, as email is not completely secure or confidential. Also, email can get lost in cyberspace. I prefer to have a conversation with you in session or over the phone. If you choose to send me an email outside of the encrypted email server at Therapyappointment.com, be aware that all emails are retained in the logs of your and my Internet Service Providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator(s) of the Internet Service Provider. You should also know that any emails I receive from you and any responses that I send to you become a part of your legal record.

Location-Based Services:

If you use location-based services on your mobile phone, you may wish to be aware of the privacy issues related to using these services. I do not place my practice as a check-in location on various geosocial networking sites such as Foursquare. However, if you have GPS tracking enabled on your device, it is possible that others may surmise that you are a therapy client due to regular check-ins at my office on a weekly basis. Please be aware of this risk if you are intentionally "checking in," from my office or if you have a passive LBS (location-based services) app enabled on your phone.

Use of Search Engines

It is not a regular part of my practice to search for clients on Google or Facebook or other search engines. Extremely rare exceptions may be made during times of crisis. If I have a reason to suspect that you are in danger and you have not been in touch with me via our usual means (coming to appointments, phone), there may be an instance in which using a search engine (to find you, to find someone close to you, or to check on your recent status updates) becomes necessary as part of ensuring your welfare. These are unusual situations and if I ever resort to such means, I will fully document it and discuss it with you when we next meet.

Business Review Sites:

You may find my psychology practice on sites such as Google, Yelp, Healthgrades, Yahoo Local, Bing, or other places which list businesses. Some of these sites include forums in which users rate their providers and add reviews. Many of these sites comb search engines for business listings and automatically add listings regardless of whether the business has added itself to the site. If you should find my listing on any of these sites, please know that my listing is NOT a request for a testimonial, rating, or endorsement from you as my client.

The American Psychological Association's Ethics Code states under Principle 5.05 that it is unethical for psychologists to solicit testimonials: "Psychologists do not solicit testimonials from current therapy clients/patients or other persons who, because of their particular circumstances are vulnerable to undue influence." Of course, you have a right to express yourself on any site you wish. But due to confidentiality, I cannot respond to any review on any of these sites whether it is positive or negative. I urge you to take your own privacy as seriously as I take my commitment of confidentiality to you. You should also be aware that if you are using these sites to communicate indirectly with me about your feelings about our work, there is a good possibility that I may never see it.

While you have the right to tell anyone you wish that I am your therapist or how you feel about the treatment I provided you, I ask that you consider not submitting online reviews, because this has the potential to undermine your own confidentiality as well as the integrity of our work together. If we are working together, I hope that you will bring your feelings and reactions to our work directly into the therapy process. This can be an important part of therapy, even if you decide we are not a good fit. If you do choose to write something on a business review site, I hope you will keep in mind that you may be sharing personally revealing information in a public forum. I urge you to create a pseudonym that is not linked to your regular email address or friend networks for your own protection and privacy. If you feel I have done something harmful or unethical and you do not feel comfortable discussing it with me, you can always contact the Board of Behavioral Sciences, which oversees licensing, and they will review the services that I have provided. Board of Behavioral Sciences **1625 N Market Blvd Ste S200 Sacramento, CA 95834 (916) 574-7830**

Conclusion: Thank you for taking the time to review my Social Media Policy. If you have questions or concerns about any of these policies and procedures or regarding our potential interactions on the Internet, please bring them to my attention so that we can discuss them.

I have read and consent to the social media policy:

Clients Signature Date

Date



Brittany Chidley, Psy.D
Licensed Psychologist 25950
Licensed Marital & Family Therapist 52285
Owner/ Director

ACKNOWLEDGMENT OF NOTICE OF PRIVACY PRACTICES

I have received the attached notice of privacy practices, which is written in plain language. I understand the information and uses and disclosures of my protected health information that may be made by this practice.

Patient's signature

Date

Patient's name (please print)



Brittany Chidley, Psy.D
Licensed Psychologist 25950
Licensed Marital & Family Therapist 52285
Owner/ Director

Credit/Debit Card Payment Consent Form

Patient Name :

Name on Card (if different than above):

I authorize Brittany Chidley, Psy.D. and her associates, to charge my card for professional services as follows:

• I agree to pay the agreed upon amount per session. I also agree to pay each session I cancel prior to 24 hours or no-show.

• I agree to pay my insurance co-pay (if using insurance).

• I agree to pay for the balance of all fees not paid by my insurance company within 90 days, or otherwise agreed upon

Type of Card: VISA MasterCard Discover AMEX

Expiration Date:

Card Number:

CVV Number (3 digit number from back of card)

Address

City

State

Zipcode

Home phone

Cell phone

Card Holder Signature: _____ Date: _____

My signature shows that I understand and agree to comply with the credit card policy.

SUPPLEMENTAL TELETHERAPY INFORMED CONSENT FORM (TO BE COMPLETED IN THE EVENT TELEHEALTH IS NECESSARY)

Definition of Services: I, _____, hereby consent to engage in teletherapy with Dr. Brittany Chidley. Teletherapy is a form of psychological service provided via secure internet technology, which can include consultation, treatment, transfer of medical data, emails, telephone conversations and/or education using interactive audio, video, or data communications. I also understand that teletherapy involves the communication of my medical/mental health information, both orally and/or visually. Teletherapy has the same purpose or intention as psychotherapy or psychological treatment sessions that are conducted face-to-face. However, due to the nature of the technology used, I understand that teletherapy may be experienced somewhat differently than face-to-face treatment sessions. I understand that I have the following rights with respect to teletherapy: Client's Rights, Risks, and Responsibilities:

1. I, the client, need to be a resident of California. (This is a legal requirement for psychologists practicing in this state under a CA license.)
2. I, the client, have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment.
3. The laws that protect the confidentiality of my medical information also apply to teletherapy. As such, I understand that the information disclosed by me during the course of my therapy or consultation is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, which are discussed in detail in the general Consent for Treatment form I received at the start of psychotherapy treatment.
4. I understand that there are risks and consequences from teletherapy, including, but not limited to, the possibility, despite best efforts to ensure high encryption and secure technology on the part of my therapist, that: the transmission of my information could be disrupted or distorted by technical failures; the transmission of my information could be interrupted by unauthorized persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons.
5. There is a risk that services could be disrupted or distorted by unforeseen technical problems.
6. In addition, I understand that teletherapy-based services and care may not be as complete as face-to-face services. I also understand that if Dr. Brittany Chidley believes I would be better served by another form of therapeutic services (e.g. face-to-face services) I will be referred to a professional who can provide such services in my area.
7. I understand that I may benefit from teletherapy, but that results cannot be guaranteed or assured. I understand that there are potential risks and benefits associated with any form of psychotherapy, and that despite my efforts and the efforts of my psychologist, my condition may not be improve, and in some cases may even get worse.
8. I accept that teletherapy does not provide emergency services. If I am experiencing an emergency situation, I understand that I can call 911 or proceed to the nearest hospital emergency room for help. If I am having suicidal thoughts or making plans to harm myself, I can call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) for free 24 hour hotline support. Clients who are actively at risk of harm to self or others are not suitable for Telepsychology services. If this is the case or becomes the case in future, more appropriate services will be recommended.

9. I understand that there is a risk of being overheard by anyone near me if I am not in a private room while participating in teletherapy. I am responsible for (1) providing the necessary computer, telecommunications equipment and internet access for my teletherapy sessions, (2) the information security on my computer, and (3) arranging a location with sufficient lighting and privacy that is free from distractions or intrusions for my teletherapy session. It is the responsibility of the psychological treatment provider to do the same on their end.

10. I understand that dissemination of any personally identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without my written consent.

11. I understand that I have a right to access my medical information and copies of medical records in accordance with California law. Please do not record sessions.

I have read, understand and agree to the information provided above regarding telehealth:

Client's Signature: _____ **Date** _____

Therapist's Signature: _____ **Date** _____