

LAUREN JORDAN, LCSW, CST  
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## CONSENT FOR THERAPY

### THERAPY

I believe that couples are incredibly resilient, and I will do everything possible to help you achieve your therapeutic goals as quickly as possible. My intention is to help you in a sufficiently thorough manner, so that you are able to create positive and sustainable change.

Psychotherapy is generally most effective when you come to sessions with clear goals, ready to share about your life, aspirations and problems. You remain in charge of your life. I can be of service by helping you to clarify or define problems, listening, creating a safe and comfortable space to explore, facilitating new experiences, generating new perspectives, offering support, building on your strengths, and making suggestions for taking steps towards change.

### FREQUENCY & SCHEDULING TIPS:

#### A. FREQUENCY

In the first 6-12 weeks, frequency and consistency can make a big difference in your progress. In the beginning weekly sessions are ideal. Every two weeks is satisfactory, however less than that it is difficult for most couples to get much momentum and make the kind of lasting changes they are wanting.

#### B. DOUBLE SESSIONS

In the early stages of couples counseling, double sessions tend to be highly effective. Double sessions are a way to jump start the process. You can book two sessions back to back online if you wish, or you can call or email me.

#### C. WAITING LIST

If you want to be on the waiting list, please send me an email with your scheduling preferences, and let me know the easiest way to contact you if that time becomes available.

#### D. SUSTAINABILITY

I have seen many couples make tremendous progress quickly and stop therapy prematurely because they feel so much better. Rather than just stop, my suggestion is that you reduce your frequency down to every other week, then once per month, then once per quarter for the first year. This way, if old patterns begin to crop up, or you find yourselves decreasing the behaviors that helped you make positive changes, we can work on them immediately.

#### FEES

All fees are payable in full at the time of each therapy session or in advance. My fee is \$180 for each 45 minute session. You may contract for a longer session, which will be prorated. For example, an hour would be \$240. I reserve the right to take appropriate action on unpaid accounts, including charging your credit card. There is a \$25 returned check fee.

#### CANCELLATIONS & MISSED APPOINTMENTS

Your therapy time is reserved for you. Any cancellations with less than 48 hour notice will result in your being charged the entire fee (\$180 or prorated for time booked if longer) for that session. My voice mail notes the time the message is received - 48 hours is 48 hours, not any time the day or two before your appointment. Sessions are 45 minutes in duration. Phone calls will also be billed at a prorated amount.

#### CONFIDENTIALITY

The content of your counseling sessions is confidential and will not be shared with anyone without a signed authorization from you. Exceptions to this policy are in situations where you may express serious intent to harm yourself or someone else, or if there is evidence that a child or elderly person has been or is being physically or sexually abused, or if I receive a court order to appear in court or turn over records. If it becomes necessary to take action on your unpaid account, you will waive your confidentiality.

#### LITIGATION

If you are involved in a divorce or custody litigation, please understand that my role as your therapist is not to make recommendations about custody or other issues. If you must subpoena me, fees for court preparation, travel time, etc, are substantially larger than my normal, in office fees. You may request more information about this if you are considering asking me to appear in court. If you saw me as a couple, I cannot release records unless I have consent of both parties, so I would have to tell the judge that I opposed releasing records for that reason. If the judge orders me to release records, or testify, then I have to do so. There will be a \$50 fee to copy your records, unless your file is very large.

### CONCIERGE SERVICE FEES

Sessions outside of my normal working hours (M-Th, 10-7) meaning Friday, Saturday or Sunday sessions may be arranged for a higher fee. Concierge services can be ideal if you are in a crisis situation, for example, an infidelity has just been disclosed or discovered, so that you have more access to the therapy you want to stabilize your relationship. The best way to contact me after hours is my email: [lauren6240@sbcglobal.net](mailto:lauren6240@sbcglobal.net).

### SOCIAL NETWORKING

In order to maintain our professional relationship and protect your privacy, I do not engage with clients socially or on social networking sites such as Facebook, Linked In, etc.

### OTHER FEES

If it becomes necessary for me to deal with your insurance company, the time will be prorated per my usual session rates. Duplicate receipts, statements for tax purposes and receipts after your therapy has ended incur a \$50 fee.

### EMERGENCIES

If it is imperative that you speak with me, leave a message and I will return your call at my earliest opportunity. I am not available at all times, so if you have an emergency and cannot wait for me to return your call or email, call the Suicide and Crisis Hotline at 828-1000 (24 hours), Contact at 972-233-2233 (24 hours). You may also email me at [lauren6240@sbcglobal.net](mailto:lauren6240@sbcglobal.net).

### CREDIT CARD ON FILE

Client agrees to maintain a current credit card on file to be used in the case of cancellations and missed appointments that violate the cancellation policy. I accept Master Card and Visa.

### REFERRAL PHYSICIAN OR THERAPIST

If you were referred by a physician or therapist, please initial here \_\_\_\_\_ if you give me permission to thank them for referring you.

### THERAPEUTIC PROCESS

Therapy will be a collaborative effort, which may move quickly for some and take longer for others. Therapy is different for each individual, so the results of therapy cannot be guaranteed. Progress will depend on your motivation, effort and the frequency of your sessions. There are risks to therapy including that therapy can bring up negative feelings, and can lead to increased symptoms or conflict (especially early in treatment) or even the relationship ending.

I have read, understand and agree to the policies and conditions of therapy listed above. I consent to therapy with Lauren Jordan, LCSW, CST. I understand that I can discontinue my therapy at any time.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_