

Lisa A. Slapa, Psy.D.

NJ License # 3834

Phone: 908-713-9908 Fax: 908-636-2562

## THERAPEUTIC CONTRACT

This serves as a general overview of therapeutic policies and procedures. Please review these and do not hesitate to speak with me if you have any questions or comments.

Psychotherapy sessions generally occur on a weekly basis, although are also scheduled according to an individual patient's needs. Sessions are 45 minutes in length. The initial session is primarily to obtain background information and history, as well as to identify treatment goals.

Payment is due at time of each session. If I am an in-network provider for your insurance, you will need to bring in your co-pay and I will submit the claim directly to your insurance carrier. Please note that you will be charged for missed or cancelled sessions, unless you cancel your session a **minimum** of 24 hours in advance. It is important to note that insurance companies do not provide reimbursement for missed or cancelled sessions. My fees are \$130.00 for a 45 minute session.

As a private practice, my services do not include emergency treatment. However, I do check my voicemail messages throughout the day. If you are in crisis and are unable to contact me, please seek immediate treatment at your local hospital emergency room.

Issues of confidentiality and privacy are extremely important in psychotherapy. Your personal information will not be disclosed to anyone without a proper signed release of information. The exceptions are in cases of child and elder abuse, which by law I need to report. I will also breach confidentiality in the case you pose a serious threat to the health or safety to yourself or others. These instances do not need a signed authorization. Please understand that a limited amount of information is required to process insurance claims.

Please understand that while psychotherapy is meant to be supportive and therapeutic, some sessions may arouse uncomfortable feelings. Nevertheless, if you are dissatisfied with treatment at any time, please do not hesitate to share your concerns with me. Psychotherapy is a joint effort in which the patient needs to feel comfortable and have a good rapport with the treating provider.