

Kim Flyr, LCPC

Tula Wisdom

Policies and Procedures

The Therapeutic Process:

People come to therapy in times of crisis and in times of growth. There is no wrong reason to seek therapy. One crucial component of therapy is the development of a safe and trusting relationship. I ask that you bring your most honest and genuine self to our meetings, and I will do the same. You may view my office as a laboratory where, temporarily sheltered from the stresses of life outside, we can talk about your values, needs, and any changes you wish to make in your life. We will examine thought and behavior patterns and whether we can better align those patterns. We will explore the connection between mind/body/and spirit. You can expect therapy to foster new insights and hopefully generate a better understanding and acceptance of yourself and a resurgence of hope for the future.

Policies:

Fees and Cancellation:

Please review and sign the forms regarding appointment fees and cancellation policies. Please feel free to ask me any questions, as it is best to be clear on these policies from the start.

Contact outside of Appointments:

Questions and concerns sometimes arise that can be addressed in a brief telephone conversation. I consider these calls to be part of your regular treatment, and I do not charge for them. If there is something that we need to talk through, and it is not possible for you to schedule a session, then there will be a charge for that extended period of phone time.

You may call my office and leave a message at any time. The office number is 240.356.3528. I check messages regularly and will return your call as soon as time permits. If you have an emergency that cannot wait for a return phone call, please call 911 or go to your nearest emergency room.

Confidentiality:

The content of therapy sessions as well as written records will remain confidential. No information may be released without express written authorization by the client or client's parent. The exceptions to this policy include the legal requirement to report to appropriate agencies or individuals any instance of suspected neglect or abuse of a minor, any intent to harm another, or any intent to harm one's self, and in some very extraordinary circumstances, when a judge issues a court order for records to be released. In the case of group, family, or couples counseling, all participants must give written consent in order for any information to be released.

Minors and Parents:

If the client is under age 18, please be aware that while specific content of communications is confidential, parent(s) have a right to receive general information on the progress of treatment and status of the minor. While privacy in psychotherapy is very important, particularly with teenagers, parental involvement is also essential for successful treatment. It is therefore the policy of my practice to keep sessions with minors confidential, but to also work with parent(s) and to share general information about the progress of treatment and their child's attendance at sessions. At times, I will work with a minor to share specific information with parent(s) or to obtain their permission for me to share information. If I feel your child is in danger, or is a danger to themselves or someone else, I will notify parent(s) immediately and report as appropriate.

Patient Rights:

HIPAA provides you with several new and expanded rights. Please review and sign the HIPPA information and don't hesitate to discuss any questions with me.

In Summary:

At its heart, counseling is about a trusting relationship. Please don't hesitate to ask any questions or express any concerns to me at any time.