

**Nicholas Wilkens, Ph.D, LMFT-Supervisor, LPC-Supervisor,  
PLLC, Independent Contract Therapist  
Institute for Couple and Family Enhancement**

**THERAPY INFORMATION AND CONSENT TO TREATMENT**

The purpose of this document is to ensure that all participants in the therapeutic process are aware of their rights and responsibilities when entering into a therapeutic relationship with me. I encourage you to ask questions about any of these topics at any point during the time that we are working together.

**SAFETY IN THE THERAPEUTIC RELATIONSHIP**

Research has found that the best outcomes occur in therapy when all members of a client system develop a positive relationship with their therapist. My first priority is to establish a relationship with each individual, partner, or member of a family, allowing them to feel comfortable and safe discussing and processing any situation. I seek a collaborative relationship with you in which you not only feel understood and valued, but also feel ownership in your therapeutic process. I will regularly discuss the goals of therapy to ensure that we are in agreement, and I will work to ensure that you are comfortable with any planned or suggested intervention approach. I invite you to share with me any questions, concerns, or suggestions during the course of our work together.

Also related to safety for all parties, I have a strict policy of prohibiting weapons of any kind into my office during the psychotherapy process. If you are licensed to carry a weapon or are coming to therapy from a job that requires you to be armed, please make plans to secure your weapon outside of my office.

**CONFIDENTIALITY**

Confidentiality means that I have a responsibility to you to safeguard information obtained during treatment. It is important that you understand that all identifying information about your assessment and treatment is kept confidential. In order to protect your confidentiality, any written, telephone, or personal inquiries about clients will not be acknowledged unless a written release of information is received from you. In order for me to coordinate your treatment with other mental health or medical professionals, I may ask you to sign a release of information to allow me to talk or correspond with other professionals who may play a role in meeting your needs (such as physicians, school officials, legal system representatives, or family members not participating in therapy with you).

It is important that you understand that the laws of the State of Texas allow exceptions to confidentiality. In certain situations, as a mental health professional, I am required by law to reveal information obtained during your sessions to other persons or agencies without your permission. Also, in these situations I am not required to inform you of my actions:

1. I am required to report suspected child abuse or neglect and to report suspected abuse of the disabled or elderly to the Texas Department of Family and Protective Services.
2. I may disclose information to law enforcement personnel in order to protect you or others when there is a probability of imminent physical injury. I may be required to

- disclose information to law enforcement personnel in order to protect you when there is a probability of immediate mental or emotional injury.
3. A mental health professional may be required by the court to disclose treatment information in proceedings affecting the parent-child relationship.
  4. A mental health professional may disclose confidential information in proceedings brought by a client against a professional.
  5. There is no confidentiality of mental health information in connection with criminal proceedings, except communications by a person voluntarily involved in a substance abuse program.
  6. In the treatment of a minor client, a mental health professional may advise a parent, managing conservator or guardian of a minor with or without minor's consent, of the treatment needed by or given to the minor.
  7. A health care provider, including a mental health care provider, may submit a collections claim or lawsuit against a client or former client for failure to pay for services received.

As a marriage and family therapist, I also have unique confidentiality responsibilities when working with couples, families, and children because the family as a whole may be considered the client. When working with families, I have an obligation to more than one person. I may share information disclosed to me in individual sessions, phone conversations, or written messages with those family members who have consented to treatment. I have a strict policy of not keeping potentially hurtful or damaging secrets from other family members who are also participating in therapy. It is my goal to earn a level of trust from you that allows you to feel comfortable sharing secrets with me privately and then working together to plan for sharing information with other clients. Please keep this in mind as you share information with me. If you share a potentially damaging secret with me, and refuse to share it with other participants in therapy, I may be forced to terminate relational therapy.

Clients often prefer to communicate with me via email or text message to schedule or confirm appointments, as well as provide updates regarding their situations. While I have a duty to act with professionalism and diligence to protect your information, we cannot guarantee the confidentiality of email correspondence and text messages due to the logistics of these types of communication. I will comply with your informed requests as described in the Communications Form regarding use of texts, emails, or other communications outside of face to face communication in my office.

Another important element of confidentiality is the expectation that participating parties respect the privacy of other participating family members by refraining from sharing contents of the sessions with outside parties. Further, recording devices of any kind (audio, video, or photographic) are not allowed in the therapy sessions without written consent of all parties attending, including your therapist. In order to achieve your therapeutic goals, it is essential for all parties to experience trust and personal safety during therapy sessions.

## **THE BENEFITS AND RISKS OF PSYCHOTHERAPY**

One major benefit that may be gained from participating is the resolution of concerns. Other possible benefits may be a better ability to cope with marital, family, and other interpersonal relationships, as well as a greater understanding of personal goals and values. However, seeking to resolve concerns between family members, marital partners, and other persons can also lead to discomfort as well as relationship changes that may not have been originally intended. The greatest risk of psychotherapy is that it may not by itself resolve your concerns. You may also experience discomfort

such as anger, depression, or frustration during your treatment as you remember and resolve unpleasant events. I will do my best to assess progress on a week-to-week basis, and I encourage you to notify me of any changes in your condition. If a situation fails to improve or a situation deteriorates, I will provide referral to another professional for consultation or treatment.

Please know, too, that I do not provide emergency mental health services. I may not be able to return your calls immediately or schedule you for immediate treatment. In the event of an emergency, you have several options. You may go to the nearest emergency room, call 911 for emergency assistance, or contact the Crisis Stabilization Unit of the Center for Health Care Services at 225-5481 (M-F, 8-5), after-hours emergency, call 531-7826. You may also call the United Way HELP Hotline by dialing 227-4357 (HELP).

## **FEES AND APPOINTMENTS**

My initial sessions with clients are 90 minutes, and are an opportunity for you to get to know me, how I work, and determine if I am the best fit for you. It also gives me an opportunity to get a fairly good initial assessment and initial plan of action. Follow-up sessions are standard sessions. A standard therapy hour consists of approximately 50 minutes (the “clinical hour”) for the therapy session and 10 minutes to allow me to complete necessary paperwork and prepare for my next client. My fee for both the initial intake and the standard therapy hour is \$150. You may pay by cash, personal checks, and major credit cards. Additional services such as court testimony, reports, or consultation with legal professionals will be conducted for a fee of \$200 per hour per professional. Payment for additional services is due prior to the service being rendered.

Payment for psychotherapy is due at the time services are rendered. To avoid accumulation of a balance, clients are asked to complete a Billing Agreement and provide credit card information to remain on file during the time they are active clients. Credit cards will only be billed for services provided, returned check fees, or no-show/late cancellation charges. Credit card information is securely destroyed 60 days after your last session or immediately upon your communication that you are terminating the therapeutic relationship. Clients who do not wish to leave credit card information on file may elect to instead make a retainer payment of \$450, advanced payment for 3 sessions, when scheduling the second therapy session. A \$30 fee is charged for each returned check.

I am not an “in-network” provider for any insurance companies; however, I will complete necessary paperwork if you elect to submit your own claim for my services to your insurance company for reimbursement. Please be aware that insurance companies require a mental health diagnosis to be assigned to a single, identified client to consider psychotherapy to be medically necessary, and thus eligible for reimbursement. If my professional assessment does not determine a mental health disorder to be present or relevant to the therapy provided, I will not be able to complete a claim for your insurance company. Furthermore, I will review with you any diagnosis assigned to you to be submitted to your insurance company. Upon request, I will provide a detailed monthly invoice for services, including relevant codes your insurance company would require and complete your insurance company’s claim form. The first page of the claim form is completed at no charge; more complex forms are completed at \$20/page.

Sessions are by appointment only. If you must cancel or reschedule an appointment, I require at least 24 hours notice so that I may have the opportunity to schedule another client during the appointment time. Clients who do not provide 24 hours notice that they will not be attending a scheduled session will be billed the full fee for the therapy hour.

**At various points in treatment, we will discuss progress that has been made, remaining goals, and the expected time frame for treatment. Your participation in therapeutic services, though, is completely voluntary and you may stop at any time.**

#### **PROFESSIONAL CONSULTATION AND SHARED OFFICE SPACE**

**I meet regularly with other licensed mental health professionals at the ICFE for peer consultation to ensure that my therapeutic skills remain strong. In peer consultation, I may share information about your clinical case in confidential format with no names or other identifying information.**

**I also share office space with several other therapists who are independent contractors providing services at the ICFE. Our clinical records are stored in a common area, which means that these other therapists may have access to your confidential information. Anyone affiliated with the ICFE who has access to clients' private and confidential information is obligated by law and professional ethics to protect clients' confidentiality.**

#### **FEEDBACK AND COMPLAINTS**

**As an independent contract therapist at the ICFE, I technically do not have a supervising employer. However, I invite and strongly encourage clients with any concerns or complaints to talk with me directly. I will make every effort to address the issues professionally and collaboratively with you.**

**Clients who wish to express a complaint or provide feedback to the ICFE may contact Becky R. Davenport, PhD., LMFT, the Owner and Executive Director, at (210) 602-1898 or [davenport@icfetx.com](mailto:davenport@icfetx.com).**

**Clients who choose to file a formal complaint against me for violations of state laws and regulations or my professional ethics code should contact:**

**Texas State Board of Examiners of Marriage and Family Therapists  
Complaints Management and Investigative Section  
P.O. Box 141369  
Austin, Texas 78714-1369  
Phone: 1-800-942-5540**

**Texas State Board of Professional Counselors  
Complaints Management and Investigative Section  
P.O. Box 141369  
Austin, Texas 78714-1369  
1-800-942-5540**

**PLEASE READ AND INITIAL THE FOLLOWING STATEMENTS:**

I/we grant my/our permission for any therapy, testing, or diagnostic evaluation may be deemed necessary in individual, marital, or family psychotherapy. I/we understand the potential for emotional discomfort and relationship changes not originally intended. I/we understand that Dr. Wilkens does not guarantee any particular results or outcome from the psychotherapy process.

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I/we understand and agree to the confidentiality policies stated above. These include the exceptions to confidentiality mandated by state law, as well possibility of sharing information shared in individual sessions, phone conversations, or written messages with those family members who have consented to treatment information.

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I/we understand the risks of psychotherapy as explained above. I/we understand that Dr. Nicholas Wilkens does not provide emergency services and in the event of an emergency I/we agree to go to the nearest emergency room, call 9-1-1, or contact the Crisis Stabilization Unit of the Center for Health Care Services at 225-5481 (after hours 531-7826) or the United Way Help Hotline at 227-4357 (HELP).

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I/we agree to pay the fee of \$150 per therapy hour. I agree to give 24-hour notice for cancelled appointments if at all possible by calling my therapist directly at (210) 286-0053. I understand that failure to cancel or reschedule an appointment with less than 24 hours notice will result in my being charged the full fee for the appointment.

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I/we agree to pay the fee of \$200 per hour for any legal involvement that is requested of Dr. Nicholas Wilkens, including but not limited to, writing reports for submission in court proceedings, communication with legal counsel, or testimony in a court case. I understand that Nicholas Wilkens may refuse to participate in a legal case, including providing subpoenaed medical records, without a court order.

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I/we have been provided a copy of the ICFE Privacy Policies, which Dr. Nicholas Wilkens has adopted as an independent contractor, in compliance with the Health Insurance Portability and Accountability Act of 1996, and have had the opportunity to have my/our questions about the management of private health information (PHI) answered.

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Signed (Client) Date

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Signed Nicholas Wilkens, Ph.D, LMFT-S, LPC-S Date