

Your initials signify that you've read the section and have discussed any questions in the first session, prior to an agreement to enter therapy. Your signature and mine signify a legal agreement. You agree to participate responsibly in therapy including payment of fees and I agree to provide therapy in a responsible and ethical manner.

<p><b>Basic Information About Talk-Therapy</b></p> <p>Counseling supports your efforts to solve a problem, but it is not for advice. The goal is to recognize your strengths, clarify options and make a plan. Psychotherapy reflects on the past, on issues that reappear. <a href="https://www.drvicbloomberg.com/my-approach">https://www.drvicbloomberg.com/my-approach</a></p> <p><b>Benefits and Risks of Therapy</b></p> <p>Not everyone who benefits from therapy is diagnosed with a mental illness. It can help with a number of life's stresses and conflicts that can affect anyone. In general, there's little risk in counseling and psychotherapy. Because it can explore painful feelings and experiences, though, you may feel emotionally uncomfortable at times.</p> <p><b>Estimated Length of Therapy</b></p> <p>The length of treatment generally depends on why you're being seen. It may take only weeks to help you cope with a short-term situation. Or, treatment may last a year or longer if your concerns require it. The number of sessions you need – and how often you see your therapist — depends on such factors as the severity of your symptoms, how long you've been struggling with your situation, the pace of progress, current stress, satisfaction or concern with daily life and the support you receive from important persons in your life. <a href="https://www.mayoclinic.org/tests-procedures/psychotherapy/about/pac-20384616">https://www.mayoclinic.org/tests-procedures/psychotherapy/about/pac-20384616</a></p>	<p><b>Initials</b></p>
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<p>EMDR is available based upon assessed needs of the client and discussion. <a href="https://www.webmd.com/mental-health/emdr-what-is-it#1">https://www.webmd.com/mental-health/emdr-what-is-it#1</a>  <a href="https://www.emdr.com/frequent-questions/">https://www.emdr.com/frequent-questions/</a></p> <p>EMDR is not provided through Teletherapy, only in-person and in the office.</p>	<p><b>Initials</b></p>
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<p><b>Session Length</b> – 50 minutes <b>Fees</b> – In-person, \$250. Teletherapy, \$200.</p> <p>Ask about my <b>Affordability Policy</b> to adjust your fee.</p> <ul style="list-style-type: none"> <li>• You may use insurance that is accepted by Path Mental Health.</li> <li>• Please enter the Insurance Company and your co-pay: _____</li> </ul> <p>Payment is due at the end of each session. Each next session is scheduled after fees have been paid.</p>	<p><b>Initials</b></p>
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<b>Patient Bill of Rights</b>	<b>Initials</b>
<ul style="list-style-type: none"><li>• Request and receive information about the therapist's professional capabilities, including licensure, education, training, experience, professional association membership, specialization and limitations.</li><li>• Have written information about fees, payment methods, insurance reimbursement, number of sessions, substitutions (in cases of vacation and emergencies), and cancellation policies before beginning therapy.</li><li>• Receive respectful treatment that will be helpful to you.</li><li>• A safe environment, free from sexual, physical and emotional abuse. • Ask questions about your therapy.</li><li>• Refuse to answer any question or disclose (reveal) any information.</li><li>• Request and receive information from the therapist about your progress. • Know the limits of confidentiality and the circumstances in which a therapist is legally required to disclose information to others.</li><li>• Know if there are supervisors, consultants, students, or others with whom your therapist will discuss your case.</li><li>• Refuse a type of treatment, or end treatment without obligation or harassment. • Refuse electronic recording (but you may request it if you wish).</li><li>• Request and (in most cases) receive a summary of your file, including the diagnosis, your progress, and the type of treatment.</li><li>• Report unethical and illegal behavior by a therapist. <a href="https://www.dca.ca.gov/publications/proftherapy.shtml#patient">https://www.dca.ca.gov/publications/proftherapy.shtml#patient</a></li><li>• Receive a second opinion at any time about your therapy or therapist's methods.</li><li>• Have a copy of your file transferred to any therapist or agency you choose.</li></ul> <p>NOTICE TO CLIENTS: The Board of Behavioral Sciences receives and responds to complaints regarding services provided within the scope of practice of clinical social workers. You may contact the board online at <a href="http://www.bbs.ca.gov">www.bbs.ca.gov</a> or by calling (916) 574-7830. (Cal. Business and Professional Code § 4996.75)</p>	

<p>I do not provide emergency psychiatric services.</p> <p><b>County of San Diego 24-Hour Access &amp; Crisis Line 1-888-724-7240</b></p> <p>Live chat: <a href="https://omnidigital.uhc.com/SDChat/">https://omnidigital.uhc.com/SDChat/</a></p> <p>Mental Health Services: <a href="https://211sandiego.org/health-wellness/mental-health-services/">https://211sandiego.org/health-wellness/mental-health-services/</a></p> <ul style="list-style-type: none"> <li>• If you need information about how to handle a mental health crisis, the County provides a trained counselor who can help with your specific situation. They will talk to you about what services are available in your area, for all ages, including mental health services for those with Medi-Cal or no insurance, services for alcohol or drug abuse, suicide prevention, medication needs, etc.</li> <li>• They have Spanish-speaking counselors and interpreters for 140 languages.</li> </ul> <p>For more help: <a href="https://www.sandiegocounty.gov/hhsa/programs/ssp/access/index.html">https://www.sandiegocounty.gov/hhsa/programs/ssp/access/index.html</a></p>	<p>Initials</p>
<p><b>Stopping Therapy</b> Ending therapy is a time to evaluate the work you've accomplished, celebrate the progress, talk about which goals weren't reached and explore any disappointments with the process. It's reminiscing, planning and saying goodbye.</p> <p><a href="https://www.psychologytoday.com/us/blog/demystifying-therapy/202106/when-and-how-end-therapy">https://www.psychologytoday.com/us/blog/demystifying-therapy/202106/when-and-how-end-therapy</a></p> <p>The ideal termination feels similar to a graduation. We have happy and sad feelings. It's sad because an engaging relationship is ending. The routine of the sessions, the sharing, and the supportive environment are wrapped up. It's sweet because it is a beginning, moving forward with new skills and insights.</p> <p><a href="https://www.psychologytoday.com/us/blog/in-therapy/200810/terminating-therapy-part-ii-the-ideal-termination">https://www.psychologytoday.com/us/blog/in-therapy/200810/terminating-therapy-part-ii-the-ideal-termination</a></p> <p>It's your therapy, you can leave whenever and however you want. The most complete therapy experience includes sticking around for all three phases: building trust, creating new understanding, and ending. Not every therapy is complete. Some end too soon for different reasons. It's too soon whenever there isn't shared understanding about the plan to move forward. Without a good wrap-up, the therapy lacks closure and feels incomplete. Some of the top reasons that clients end therapy before the work are complete: money, time, impasse, conflict, flight into health, boundary violation, "cut and run", and ambivalence about the discomfort of working through the most difficult issues.</p> <p><a href="https://www.psychologytoday.com/us/blog/in-therapy/200810/terminating-therapy-part-3-the-not-quite-ideal-termination">https://www.psychologytoday.com/us/blog/in-therapy/200810/terminating-therapy-part-3-the-not-quite-ideal-termination</a></p> <p>In therapy, "cut and run" is like skipping the last chapter of a novel; the parts where the loose ends are tied up, you learn what the future may hold and get a sense of closure. Therapy also may be the first time you can talk through the feelings associated with ending and wrap up a relationship on a good note. It's why good termination should be among the treatment goals, especially if you have a history of bad endings.</p> <p><a href="https://www.psychologytoday.com/us/blog/in-therapy/200810/terminating-therapy-part-iv-how-terminate">https://www.psychologytoday.com/us/blog/in-therapy/200810/terminating-therapy-part-iv-how-terminate</a></p>	<p>Initials</p>
<p><b>The Therapeutic Duty Owed to the Client</b></p> <ul style="list-style-type: none"> <li>• Commitment to the Client: The therapist's primary responsibility is to promote the well-being of the client; this can be superseded to protect a person from harm.</li> </ul>	<p>Initials</p>

<ul style="list-style-type: none"> <li>• <b>Client Self-Determination:</b> The therapist respects and promotes the client's right to make his/her own choices and assist the client to identify and clarify goals. The Therapeutic Duty Owed to the Client</li> <li>• <b>Privacy and Confidentiality:</b> The therapist respects the client's privacy and confidentiality, except as mandated or permitted by the law to protect a person from harm. Codes of Ethics NASW <a href="https://www.socialworkers.org/About/Ethics/Code-of-Ethics">https://www.socialworkers.org/About/Ethics/Code-of-Ethics</a></li> </ul>	
<p><b>Your Responsibilities to the Therapist and the Therapeutic Process</b></p> <p>Psychotherapy may not cure your condition or make an unpleasant situation go away. But it can give you the power to cope in a healthy way and to feel better about yourself and your life. Psychotherapy isn't effective for everyone. But you can take steps to get the most out of your therapy and help make it a success:</p> <ul style="list-style-type: none"> <li>• Make sure you feel comfortable with your therapist. If you don't, look for another therapist with whom you feel more at ease.</li> <li>• Approach therapy as a partnership. Therapy is most effective when you're an active participant and share in decision making. Make sure you and your therapist agree about the major issues at hand and how to tackle them. Together, you can set goals and gauge progress over time.</li> <li>• Be open and honest. Success with psychotherapy depends on your willingness to share your thoughts, feelings and experiences.</li> <li>• It also depends on your reluctance to talk about certain things because of painful emotions, embarrassment or fears about your therapist's reaction, let your therapist know.</li> <li>• Stick to your treatment plan. If you feel down or lack motivation, it may be tempting to skip psychotherapy sessions. Doing so can disrupt your progress. Try to attend all sessions and to give some thought to what you want to discuss.</li> <li>• Don't expect instant results. Working on emotional issues can be painful and may require hard work. It's not uncommon to feel worse during the initial part of therapy as you begin to confront past and current conflicts. You may need several sessions before you begin to see improvement.</li> <li>• Do your homework between sessions. If your therapist asks you to read, journal or do other activities outside of your regular therapy sessions, follow through. Doing these homework assignments is important because they help you apply what you've learned in the psychotherapy sessions to your life.</li> <li>• If psychotherapy isn't helping, talk to your therapist. If you don't feel that you're benefiting from therapy after several sessions, talk to your therapist about it. You and</li> </ul>	<p>Initials</p>

your therapist may decide to make some changes or try a different approach that may be more effective.

<https://www.stthomas.edu/counseling/services/clientrightsandresponsibilities/>

**Couples and Family Therapy – All Persons Initial (if applicable)**

“We understand that couples/family therapy begins with an evaluation of our relationship, past and present. I might recommend a specialist in the future; and we might request referrals or seek alternatives on our own. There are limits to confidentiality in addition to exceptions provided by laws and regulations to protect vulnerable persons from harm. In a couples or family therapy, Victor Bloomberg, LCSW has a ‘no secrets policy’. Any participant, who reveals information while their partner or family member is not present, cannot expect him to keep a secret. I expect that he will share it when the other person returns to session.”

**Separated or Divorced Parents:** Generally, I do not provide therapy to a parent in a custody or visitation dispute. If I make an exception, I require a copy of the court orders; and the therapy is adjusted to meet the expectations of the court. For a family therapy, I require a copy of the *Separation Agreement* or *Marital Settlement Agreement* in order to confirm whether or not both parents need to consent to a minor's participation in therapy.

“We understand that information discussed in couples therapy is for therapeutic purposes and is not intended for use in any legal proceedings. We agree not to subpoena Victor Bloomberg, LCSW to testify for or against any party in a family law matter. We accept and understand that working toward change may involve experiencing difficult and intense feelings, some of which may be painful, in order to reach therapy goals. We understand that the changes one or both of us makes will have an impact on our partner and on others around us. We accept that such changes can have both positive and negative effects; and agree to clarify and evaluate potential effects of changes before undertaking them. We understand the therapeutic focus of couples or family therapy is on preserving and enhancing the relationship or family, rather than a focus on individual happiness. If remaining together is harmful to a partner or a minor, the focus will shift to an amicable separation.”

I do not provide mediation.

**Please bring this with you on your first appointment to be signed and dated after your questions are answered.**

**Client Signature and Date:**

**Victor Bloomberg, EdD, LCSW Signature and Date:**