

Agreement for Couple & Family Psychotherapy Services with Meghan Murray, MA, LMFT

By signing below, each individual who will be involved in treatment indicates that he or she has read, understood, and agrees to comply with the “Informed Consent for Couple & Family Psychotherapy” and “HIPAA Notice of Privacy Practices” in accepting services from Mrs. Meghan Murray, a licensed Marriage and Family therapist (LMFT89205).

Confidentiality

Mrs. Murray will keep information disclosed in the session confidential. However, she is legally required to report the following exceptions to the appropriate authorities:

1. A client indicates that he/she intends to commit suicide.
2. A client indicates that he/she intends to harm another person.
3. A client provides information that indicates that child abuse has occurred.
4. A client indicates that elder abuse has occurred or is ongoing.

Fees

Clients agree to pay Mrs. Murray’s standard fee is \$120 per 50-minute session at each appointment, and understand that additional charges may apply for extended sessions or other services. If this fee constitutes a financial hardship, I am aware that I may speak with Mrs. Murray to determine whether I qualify for a reduced fee.

Cancellation Policy

Appointments must be cancelled at least 24 hours prior to the scheduled session. The client is responsible to pay the full session fee for any appointments that are not cancelled 24 hours prior.

Therapy on a Church Campus

Your counseling is provided by Mrs. Meghan Murray, a licensed Marriage and Family Therapist. While her office is located on the campus of Valley Evangelical Free Church, Kairos Counseling Center is not owned by the church or interdependent with the church in their professional capacities. It is important to note that all faith and belief backgrounds are welcomed and embraced at Kairos Counseling Center. The location of the counseling center should not limit a clients self expression or integration of personal needs and values.

Emotionally Focused Therapy

Emotionally Focused Therapy (EFT) is a structured therapy for couples and families. Formulated by Susan Johnson and Les Greenberg in the early 1980’s, this therapy and its techniques have been supported by a substantial body of research that outlines its effectiveness. Please refer to the EFT website for further information about the treatment model and outcome research: www.eft.ca

The Goals of EFT include:

1. To expand and reorganize key emotional responses
2. To create a shift in partners interactional patterns with one another
3. To foster the creation of a secure bond between partners and families.

Between Session Contact

Mrs. Meghan Murray is with clients during her business hours on Tuesdays through Thursdays. This limits her availability between sessions, and therefore, Mrs. Murray responds to non emergent contacts on Mondays and Fridays. If an emergency situation arises, and if you need to talk to

someone right away call the 24-hour Solano County Mental Health Crisis Line: (707) 428-1131, or the Police: 911, or go to the nearest hospital emergency room. Please do not use e-mail or faxes for emergencies. Mrs. Murray does not always check her e-mail or faxes daily.

HIPAA Acknowledgement and Consent

I understand that, under the Health Insurance Portability & Accountability Act of 1996 (HIPAA), I have certain rights to privacy regarding my protected health information. I understand that this information can and will be used to:

1. Conduct, plan and direct my treatment and follow-up care among the multiple service providers who may be involved in that treatment directly or indirectly.
2. Obtain payment from designated third-party payers.
3. Conduct normal care procedures such as quality assessments or evaluations.

I have been informed by Kairos Counseling Center of their Notice of Privacy Practices containing a more complete description of the uses and disclosures of my health information. I have been given the right to review such Notice of Privacy Practices prior to signing this consent.

I understand that I may request in writing that this organization restrict how my private information is used or disclosed to carry out treatment, payment or health care operations. I also understand that Kairos Counseling Center is not required to agree to my requested restrictions, but if the organization does agree, then it is bound to abide by such restrictions.

I understand and consent to all of the above. I understand that I may revoke this consent in writing at any time, except to the extent that Kairos Counseling Center has taken action relying on this consent.

Primary Client Printed Name

Primary Client Signature and Date

Primary Client Insurance ID (if applicable)

Primary Client Date of Birth

Primary Client Address: Street

City

State

Zip

Client Printed Name

Client Signature and Date

Client Printed Name

Client Signature and Date

Client Printed Name

Client Signature and Date

Therapist Signature and Date

Consent for EFT Video Recording, Supervision, Consultation & Training Groups

In order to provide the best possible therapy treatment for you and your family, Mrs. Murray takes videos of her sessions and reviews them between sessions, which is the standard of practice in Emotionally Focused Therapy (EFT). In addition, Mrs. Murray participates in ongoing professional development including supervision, consultation, and training groups with seasoned mental health professionals who have expertise in EFT. During these groups and training sessions, Mrs. Murray may present relevant relationship history, clinical data, and approximately 10 minutes of video from confidential therapy sessions in order to receive feedback and continuing education training. These presentations are conducted with trained mental health professionals only who are legally bound by the same confidentiality standards as Mrs. Murray. All material presented at such sessions is strictly confidential and protected in a manner that is HIPPA compliant.

You signature below recognizes that:

1. Mrs. Murray will be taking video of your sessions, in accordance with the standard of practice in Emotionally Focused Therapy. All videos are protected and stored in a HIPPA compliant manner, and they are used for treatment planning and training purposes only. They are not a part of the client's official record, and will be destroyed when no longer in use.
2. Mrs. Murray may use 10-minute segments of your confidential video at supervision and training groups in order to gain professional feedback and continuing education.
3. At any time, any client may request that a specific session video be deleted, and Mrs. Murray will honor this request.

Client Signature and Date

Client Signature and Date

Couple & Family History Intake Form

Identifying Information – *Only those who will be part of treatment*

Name of Family Member: _____ DOB: _____

Name of Family Member: _____ DOB: _____

Name of Family Member: _____ DOB: _____

Name of Family Member: _____ DOB: _____

Name of Family Member: _____ DOB: _____

Address: _____ City/State/Zip: _____

Primary Contact Phone: _____

Alternate Contact Phone: _____

Chief Complaint

What is currently bringing you to therapy? If relevant, please share the severity and duration of your symptoms:

Was there a precipitating event to your current concerns? If so, please specify:

Are you experiencing any relational, occupational, or educational problems as a result of your current concerns? Have you noticed a change in mood, how you think, or how you react to others? Please specify:

History of Present Concern

Have any family members ever received a diagnosis and/or treatment for your present concerns? (Please include psychiatric hospitalizations, provider names, dates of service, psychiatric medications):

Have any family members struggled with similar problems in the past? Did they receive a diagnosis or treatment, and if so, please specify what has worked for them.

Medical History – *Only those who will be part of treatment*

When was each person's last physical examination? (include date and physician):

Does anyone in the family have any medical conditions or complications? Please specify (past and present):

Please list any medical/surgical hospitalizations you have experienced (include dates):

Has anyone in the family experienced any accidents/injuries? Please list (include date and outcomes):

Is anyone in the family currently on any medications? Please list the names and doses:

Please share any other relevant family medical history:

Alcohol & Substance Use – For each person who will be part of treatment

Alcohol Use:

Yes / No If yes, how much/ how often:

Are you currently able to abstain for 72 hours?

Nicotine Use:

Yes / No If yes, how much/ how often:

Are you currently able to abstain for 72 hours?

Caffeine Use:

Yes / No If yes, how much/ how often:

Are you currently able to abstain for 72 hours?

Marijuana Use:

Yes / No If yes, how much/ how often/how are you ingesting:

Are you currently able to abstain for 72 hours?

Other Drugs/Prescribed Pain or Anxiety Medication/Narcotics:

Yes / No If yes, list the name(s) and how much/ how often/and how are you ingesting:

Are you currently able to abstain for 72 hours?

Have any family members experienced any substance-related blackouts, seizures, or medical complications?

Has any family member had an addiction? Received addiction treatment? If so, how long in recovery?

Family Psychiatric and Chemical Dependency History

Please list all psychiatric and chemical dependency conditions within your family and extended family:

Has anyone in the family experienced any traumatic events? (life-threatening experiences, abuse, etc.)

Please list (include dates):

Other Concerns or Comments:

Please share any other information you would like your therapist to know here:

EFT for Couples Questionnaires

The following pages contain a series of questionnaires that are specific to Emotionally Focused Therapy for Couples. If you are being seen for family therapy, you do not need to complete these forms unless asked to do so by your therapist.

Each form should be printed and completed separately by each member of the couple. Please bring the completed questionnaires to the first session. Your therapist will review the questionnaires and use the information to inform your treatment and track your progress.

Each client should print and individually complete the following:

1. Attachment History
2. ECR-RSR
3. Dyadic Adjustment Scale

Please inform your therapist if you have any questions about the forms.

Attachment History

Childhood Attachment Relationships

- Who did you go to for comfort when you were young?
- Could you always count on this person/these people for comfort?
- When were you most likely to be comforted by this person/these people?
- How did you let this person/these people know that you needed connection and comfort?
- Did this person/these people ever betray you or were they unavailable at critical times?
- What did you learn about comfort and connection from this person/these people?
- If no one was safe, how did you comfort yourself? How did you learn that people were unsafe?
- Did you ever turn to alcohol, drugs, sex or material things for comfort?

Romantic Attachment Relationships

- Have there been times when you have been able to be vulnerable and find comfort with your spouse?
- Have there been any particularly traumatic incidences in your previous romantic relationships?
- How have you tried to find comfort in romantic relationships?

ECR (RSR)

The following statements concern how you have been feeling during the past few months in your current romantic relationship. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale:

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

- ___ 1. I prefer not to show my partner how I feel deep down.
- ___ 2. I worry about being abandoned by my partner.
- ___ 3. I am very comfortable being close to my romantic partner.
- ___ 4. I worry a lot about my relationship.
- ___ 5. Just when my partner starts to get close to me I find myself pulling away.
- ___ 6. I worry that romantic partner won't care about me as much as I care about him/her.
- ___ 7. I get uncomfortable when my romantic partner wants to be very close.
- ___ 8. I worry a fair amount about losing my partner.
- ___ 9. I don't feel comfortable opening up to my romantic partner.
- ___ 10. I often wish that my partner's feeling for me were as strong as my feelings for him/her.
- ___ 11. I want to get close to my partner, but I keep pulling back.
- ___ 12. I often want to merge completely with my partner, and this sometimes scares him/her away.
- ___ 13. I am nervous when my partner gets too close to me.
- ___ 14. I worry about being alone.
- ___ 15. I feel comfortable sharing my private thoughts and feelings with my partner.
- ___ 16. My desire to be very close sometimes scares my partner away.
- ___ 17. I try to avoid getting too close to my partner.
- ___ 18. I need a lot of reassurance that I am loved by my partner.
- ___ 19. I find it relatively easy to get close to my partner.
- ___ 20. Sometimes I feel that I force my partner to show more feeling, more commitment.
- ___ 21. I find it difficult to allow myself to depend on my romantic partner.
- ___ 22. I do not often worry about being abandoned.
- ___ 23. I prefer not to be too close to my romantic partner.
- ___ 24. If I can't get my partner to show interest in me, I get upset or angry.
- ___ 25. I tell my partner just about everything.
- ___ 26. I find that my partner doesn't want to get as close as I would like.
- ___ 27. I usually discuss my problems and concerns with my partner.
- ___ 28. When I imagine no longer being in this relationship, I feel anxious and insecure.
- ___ 29. I feel comfortable depending on my romantic partner.
- ___ 30. I get frustrated when my partner is not around as much as I would like.
- ___ 31. I don't mind asking my romantic partner for comfort, advice, or help.
- ___ 32. I get frustrated if my romantic partner is not available when I need him/her.
- ___ 33. It helps to turn to my romantic partner in times of need.
- ___ 34. When my romantic partner disapprove of me, I feel really bad about myself.
- ___ 35. I turn to my partner for many things, including comfort and reassurance.
- ___ 36. I resent it when my partner spends time away from me.

	Every Day	Almost Every Day	Occasionally	Rarely	Never
23. Do you kiss your mate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	All of them	Most of them	Some of them	Very few of them	None of them
24. Do you and your mate engage in outside interests together?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often would you say the following events occur between you and your mate?

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
25. Have a stimulating exchange of ideas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Laugh together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Calmly discuss something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Work together on a project	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

These are some things about which couples sometimes agree and sometime disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

	Yes	No	
29.	<input type="checkbox"/>	<input type="checkbox"/>	Being too tired for sex.
30.	<input type="checkbox"/>	<input type="checkbox"/>	Not showing love.

31. The circles on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please fill in the circle which best describes the degree of happiness, all things considered, of your relationship.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

32. Which of the following statements best describes how you feel about the future of your relationship?

- I want desperately for my relationship to succeed, and *would go to almost any length* to see that it does.
- I want very much for my relationship to succeed, and *will do all I can* to see that it does.
- I want very much for my relationship to succeed, and *will do my fair share* to see that it does.
- It would be nice if my relationship succeeded, but *I can't do much more than I am doing now* to help it succeed.
- It would be nice if it succeeded, but I *refuse to do any more than I am doing now* to keep the relationship going.
- My relationship can never succeed, and *there is no more that I can do* to keep the relationship going.

Informed Consent for Couple & Family Psychotherapy
Meghan Murray, MA, LMFT
Marriage and Family Therapist (LMFT73805)

This form provides you, the client, with information that is additional to that detailed in the **HIPAA Notice of Privacy Practices** and it is subject to HIPAA preemptive analysis.

CONFIDENTIALITY: All information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without your written permission except where disclosure is required by law.

WHEN DISCLOSURE IS REQUIRED OR MAY BE REQUIRED BY LAW: Some of the circumstances where disclosure is required or may be required by law are: where there is a reasonable suspicion of child, dependent, or elder abuse or neglect; where a client presents a danger to self, to others, to property, or is gravely disabled; or when a client's family members communicate Mrs. Murray that the client presents a danger to others. Disclosure may also be required pursuant to a legal proceeding by or against you. If you place your mental status at issue in litigation initiated by you, the defendant may have the right to obtain the psychotherapy records and/or testimony by Mrs. Murray. In couple and family therapy, or when different family members are seen individually, even over a period of time, confidentiality and privilege do not apply between the couple or among family members, unless otherwise agreed upon. Mrs. Murray will use her clinical judgment when revealing such information. Mrs. Murray will not release records to any outside party unless she is authorized to do so by all adult parties who were part of the family therapy, couple therapy or other treatment that involved more than one adult client.

EMERGENCY: If there is an emergency during therapy, or in the future after termination, where Mrs. Murray becomes concerned about your personal safety, the possibility of you injuring someone else, or about you receiving proper psychiatric care, she will do whatever she can within the limits of the law, to prevent you from injuring yourself or others and to ensure that you receive the proper medical care. For this purpose, she may also contact the emergency contact you have named above.

HEALTH INSURANCE & CONFIDENTIALITY OF RECORDS: Disclosure of confidential information may be required by your health insurance carrier or HMO/PPO/MCO/EAP in order to process the claims. If you so instruct Mrs. Murray, only the minimum necessary information will be communicated to the carrier. Mrs. Murray has no control over, or knowledge of, what insurance companies do with the information he submits or who has access to this information. You must be aware that submitting a mental health invoice for reimbursement carries a certain amount of risk to confidentiality, privacy or to future capacity to obtain health or life insurance or even a job. The risk stems from the fact that mental health information is likely to be entered into big insurance companies' computers and is likely to be reported to the National Medical Data Bank. Accessibility to companies' computers or to the National Medical Data Bank database is always in question as computers are inherently vulnerable to hacking and unauthorized access. Medical data has also been reported to have been legally accessed by law enforcement and other agencies, which also puts you in a vulnerable position.

LITIGATION LIMITATION: Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential nature, it is agreed that, should there be legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits, etc.), neither you nor your attorney(s), nor anyone else acting on your

behalf will call on Mrs. Murray to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested unless otherwise agreed upon.

CONSULTATION: Mrs. Murray consults regularly with other professionals regarding her clients; however, each client's identity remains completely anonymous and confidentiality is fully maintained.

E-MAILS, CELL PHONES, COMPUTERS, AND FAXES: It is very important to be aware that computers and e-mail communication can be relatively easily accessed by unauthorized people and hence can compromise the privacy and confidentiality of such communication. Faxes can easily be sent erroneously to the wrong address. E-mails, in particular, are vulnerable to unauthorized access due to the fact that Internet servers have unlimited and direct access to all e-mails that go through them. It is important that you be aware that e-mails, faxes, and important texts are part of the medical records. Additionally, Mrs. Murray's e-mails are not encrypted. Mrs. Murray's computers are equipped with a firewall, a virus protection, and a password and she also backs up all confidential information from her computers on a regular basis. Please notify Mrs. Murray if you decide to avoid or limit in any way the use of any or all communication devices, such as e-mail, cell phone, or faxes. If you communicate confidential or private information via e-mail, Mrs. Murray will assume that you have made an informed decision, will view it as your agreement to take the risk that such communication may be intercepted, and will honor your desire to communicate on such matters via e-mail. Please do not use e-mail or faxes for emergencies.

RECORDS AND YOUR RIGHT TO REVIEW THEM: Both the law and the standards of Mrs. Murray's profession require that she keep treatment records for at least 7 years. Unless otherwise agreed to be necessary, Mrs. Murray retains clinical records only as long as is mandated by California law. If you have concerns regarding the treatment records, please discuss them with Mrs. Murray. As a client, you have the right to review or receive a summary of your records at any time, except in limited legal or emergency circumstances or when Mrs. Murray assesses that releasing such information might be harmful in any way. In such a case, Mrs. Murray will provide the records to an appropriate and legitimate mental health professional of your choice. Considering all of the above exclusions, if it is still appropriate, and upon your request, Mrs. Murray will release information to any agency/person you specify unless Mrs. Murray assesses that releasing such information might be harmful in any way. When more than one client is involved in treatment, such as in cases of couple and family therapy, Mrs. Murray will release records only with signed authorizations from all the adults (or all those who legally can authorize such a release) involved in the treatment.

TELEPHONE & EMERGENCY PROCEDURES: If you need to contact Mrs. Murray between sessions, please leave a message at the answering service (707) 874-8463 and your call will be returned as soon as possible. Mrs. Murray checks her messages a few times during the daytime only, Monday through Friday, unless she is out of town. If an emergency situation arises, and if you need to talk to someone right away call the 24-hour Solano County Mental Health Crisis Line: (707) 428-1131, or the Police: 911, or go to the nearest hospital emergency room. Please do not use e-mail or faxes for emergencies. Mrs. Murray does not always check her e-mail or faxes daily.

PAYMENTS & INSURANCE REIMBURSEMENT: Clients are expected to pay the standard fee of \$120.00 per 50-minute session at the beginning of each session unless other arrangements have been made. Extended sessions, telephone conversations, site visits, writing and reading of reports, consultation with other professionals, release of information, reading records, travel time, etc. will be charged at the same rate, unless indicated and agreed upon otherwise. Please notify Mrs. Murray if any problems arise during the course of therapy regarding your ability to make timely payments. Clients who carry insurance should remember that professional services are rendered and charged to

the clients and not to the insurance companies. Unless other arrangements have been made, Mrs. Murray will provide you with a copy of your receipt on a monthly basis, which you can then submit to your insurance company for reimbursement, if you so choose. As was indicated in the section, Health Insurance & Confidentiality of Records, you must be aware that submitting a mental health invoice for reimbursement carries a certain amount of risk. Not all issues, conditions or problems that are dealt with in psychotherapy are reimbursed by insurance companies. It is your responsibility to verify the specifics of your coverage. If your account is overdue and there is no written agreement on a payment plan, Mrs. Murray can use legal or other means (courts, collection agencies, etc.) to obtain payment.

MEDIATION & ARBITRATION: All disputes arising out of, or in relation to, this agreement to provide psychotherapy services shall first be referred to mediation, before, and as a pre-condition of, the initiation of arbitration. The mediator shall be a neutral third party chosen by agreement of Mrs. Murray and the client(s). The cost of such mediation, if any, shall be split equally, unless otherwise agreed upon. In the event that mediation is unsuccessful, any unresolved controversy related to this agreement should be submitted to and settled by binding arbitration in (your county, state) in accordance with the rules of the American Arbitration Association which are in effect at the time the demand for arbitration is filed. Notwithstanding the foregoing, in the event that your account is overdue (unpaid) and there is no agreement on a payment plan, Mrs. Murray can use legal means (court, collection agency, etc.) to obtain payment. The prevailing party in arbitration or collection proceedings shall be entitled to recover a reasonable sum as and for attorney's fees. In the case of arbitration, the arbitrator will determine that sum.

THE PROCESS OF THERAPY/EVALUATION AND SCOPE OF PRACTICE: Participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that led you to seek therapy. Working toward these benefits, however, requires effort on your part. Psychotherapy requires your very active involvement, honesty, and openness in order to change your thoughts, feelings, and/or behavior. Mrs. Murray will ask for your feedback and views on your therapy, its progress, and other aspects of the therapy and will expect you to respond openly and honestly. Sometimes more than one approach can be helpful in dealing with a certain situation. During evaluation or therapy, remembering or talking about unpleasant events, feelings, or thoughts can result in you experiencing considerable discomfort or strong feelings of anger, sadness, worry, fear, etc., or experiencing anxiety, depression, insomnia, etc. Mrs. Murray may challenge some of your assumptions or perceptions or propose different ways of looking at, thinking about, or handling situations, which can cause you to feel very upset, angry, depressed, challenged, or disappointed. Attempting to resolve issues that brought you to therapy in the first place, such as personal or interpersonal relationships, may result in changes that were not originally intended. Psychotherapy may result in decisions about changing behaviors, employment, substance use, schooling, housing, or relationships. Sometimes a decision that is positive for one family member is viewed quite negatively by another family member. Change will sometimes be easy and swift, but more often it will be slow and even frustrating. There is no guarantee that psychotherapy will yield positive or intended results. During the course of therapy, Mrs. Murray is likely to draw on various psychological approaches according, in part, to the problem that is being treated and her assessment of what will best benefit you. These approaches include, but are not limited to, behavioral, cognitive-behavioral, cognitive, psychodynamic, existential, system/family, developmental (adult, child, family), humanistic or psycho-educational. Mrs. Murray DOES NOT provide custody evaluation recommendation, medication or prescription recommendations, or legal advice, as these activities do not fall within her scope of practice.

TREATMENT PLANS: Within a reasonable period of time after the initiation of treatment, Mrs. Murray will discuss with you her working understanding of the problem, treatment plan, therapeutic objectives, and her view of the possible outcomes of treatment. If you have any unanswered questions about any of the procedures used in the course of your therapy, their possible risks, Mrs. Murray's expertise in employing them, or about the treatment plan, please ask and you will be answered fully. You also have the right to ask about other treatments for your condition and their risks and benefits.

TERMINATION: As set forth above, after the first couple of meetings, Mrs. Murray will assess if she can be of benefit to you. Mrs. Murray does not accept clients who, in her opinion, she cannot help. In such a case, she will give you a number of referrals whom you can contact. If at any point during psychotherapy, Mrs. Murray assesses that she is not effective in helping you reach the therapeutic goals or that you are non-compliant, she is obligated to discuss it with you and, if appropriate, to terminate treatment. In such a case, she would give you a number of referrals that may be of help to you. If you request it and authorize it in writing, Mrs. Murray will talk to the psychotherapist of your choice in order to help with the transition. If, at any time, you want another professional's opinion or wish to consult with another therapist, Mrs. Murray will assist you with referrals, and, if she has your written consent, she will provide her or him with the essential information needed. You have the right to terminate therapy at any time. If you choose to do so, and if appropriate, Mrs. Murray will offer to provide you with names of other qualified professionals.

DUAL RELATIONSHIPS: Despite a popular perception, not all dual or multiple relationships are unethical or avoidable. Therapy never involves sexual or any other dual relationship that impairs Mrs. Murray's objectivity, clinical judgment or can be exploitative in nature. Mrs. Murray will assess carefully before entering into non-sexual and non-exploitative dual relationships with clients. It is important to realize that in some communities, particularly small towns, military bases, university campus, etc., multiple relationships are either unavoidable or expected. Mrs. Murray will never acknowledge working with anyone without her written permission. Many clients have chosen Mrs. Murray as their therapist because they knew him/her before they entered therapy with him/her, and/or are personally aware of her professional work and achievements. Nevertheless, Mrs. Murray will discuss with you the often-existing complexities, potential benefits and difficulties that may be involved in dual or multiple relationships. Dual or multiple relationships can enhance trust and therapeutic effectiveness but can also detract from it and often it is impossible to know which ahead of time. It is your responsibility to advise Mrs. Murray if the dual or multiple relationship becomes uncomfortable for you in any way. Mrs. Murray will always listen carefully and respond to your feedback and will discontinue the dual relationship if she finds it interfering with the effectiveness of the therapy or your welfare and, of course, you can do the same at any time.

SOCIAL NETWORKING AND INTERNET SEARCHES: At times, I may conduct a web search on my clients before the beginning of therapy or during therapy. If you have concerns or questions regarding this practice, please discuss them with me. I do not accept friend requests from current or former clients on social networking sites, such as Facebook. I believe that adding clients as friends on these sites and/or communicating via such sites is likely to compromise their privacy and confidentiality. For this same reason, I request that clients not communicate with me via any interactive or social networking web sites.

CANCELLATION: Since the scheduling of an appointment involves the reservation of time specifically for you, a minimum of 24 hours notice is required for re-scheduling or canceling an appointment. Unless we reach a different agreement, the full fee will be charged for sessions missed without such notification. Most insurance companies do not reimburse for missed sessions.

HIPAA NOTICE OF PRIVACY PRACTICES

I. THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

II. IT IS MY LEGAL DUTY TO SAFEGUARD YOUR PROTECTED HEALTH INFORMATION (PHI).

By law I am required to insure that your PHI is kept private. The PHI constitutes information created or noted by me that can be used to identify you. It contains data about your past, present, or future health or condition, the provision of health care services to you, or the payment for such health care. I am required to provide you with this Notice about my privacy procedures. This Notice must explain when, why, and how I would use and/or disclose your PHI. Use of PHI means when I share, apply, utilize, examine, or analyze information within my practice; PHI is disclosed when I release, transfer, give, or otherwise reveal it to a third party outside my practice. With some exceptions, I may not use or disclose more of your PHI than is necessary to accomplish the purpose for which the use or disclosure is made; however, I am always legally required to follow the privacy practices described in this Notice.

Please note that I reserve the right to change the terms of this Notice and my privacy policies at any time as permitted by law. Any changes will apply to PHI already on file with me. Before I make any important changes to my policies, I will immediately change this Notice and post a new copy of it in my office and on my website. You may also request a copy of this Notice from me, or you can view a copy of it in my office or on my website, which is located at:

www.KairosCounselingCenter.com

III. HOW I WILL USE AND DISCLOSE YOUR PHI.

I will use and disclose your PHI for many different reasons. Some of the uses or disclosures will require your prior written authorization; others, however, will not. Below you will find the different categories of my uses and disclosures, with some examples.

A. Uses and Disclosures Related to Treatment, Payment, or Health Care Operations Do Not Require Your Prior Written Consent.

I may use and disclose your PHI without your consent for the following reasons:

- 1. For treatment.** I can use your PHI within my practice to provide you with mental health treatment, including discussing or sharing your PHI with my trainees and interns. I may disclose your PHI to physicians, psychiatrists, psychologists, and other licensed health care providers who provide you with health care services or are otherwise involved in your care. Example: If a psychiatrist is treating you, I may disclose your PHI to her/him in order to coordinate your care.
- 2. For health care operations.** I may disclose your PHI to facilitate the efficient and correct operation of my practice. Examples: Quality control - I might use your PHI in the evaluation of the quality of health care services that you have received or to evaluate the performance of the health care professionals who provided you with these services. I may also provide your PHI to my attorneys, accountants, consultants, and others to make sure that I am in compliance with applicable laws.

3. To obtain payment for treatment. I may use and disclose your PHI to bill and collect payment for the treatment and services I provided you. Example: I might send your PHI to your insurance company or health plan in order to get payment for the health care services that I have provided to you. I could also provide your PHI to business associates, such as billing companies, claims processing companies, and others that process health care claims for my office.

4. Other disclosures. Examples: Your consent isn't required if you need emergency treatment provided that I attempt to get your consent after treatment is rendered. In the event that I try to get your consent but you are unable to communicate with me (for example, if you are unconscious or in severe pain) but I think that you would consent to such treatment if you could, I may disclose your PHI.

B. Certain Other Uses and Disclosures Do Not Require Your Consent. I may use and/or disclose your PHI without your consent or authorization for the following reasons:

- 1. When disclosure is required by federal, state, or local law; judicial, board, or administrative proceedings; or, law enforcement.** Example: I may make a disclosure to the appropriate officials when a law requires me to report information to government agencies, law enforcement personnel and/or in an administrative proceeding.
- 2. If disclosure is compelled by a party to a proceeding before a court of an administrative agency pursuant to its lawful authority.**
- 3. If disclosure is required by a search warrant lawfully issued to a governmental law enforcement agency.**
- 4. If disclosure is compelled by the patient or the patient's representative pursuant to California Health and Safety Codes or to corresponding federal statutes of regulations,** such as the Privacy Rule that requires this Notice.
- 5. To avoid harm.** I may provide PHI to law enforcement personnel or persons able to prevent or mitigate a serious threat to the health or safety of a person or the public (i.e., adverse reaction to meds).
- 6. If disclosure is compelled or permitted by the fact that you are in such mental or emotional condition as to be dangerous to yourself or the person or property of others, and if I determine that disclosure is necessary to prevent the threatened danger.**
- 7. If disclosure is mandated by the California Child Abuse and Neglect Reporting law.** For example, if I have a reasonable suspicion of child abuse or neglect.
- 8. If disclosure is mandated by the California Elder/Dependent Adult Abuse Reporting law.** For example, if I have a reasonable suspicion of elder abuse or dependent adult abuse.
- 9. If disclosure is compelled or permitted by the fact that you tell me of a serious/imminent threat of physical violence by you against a reasonably identifiable victim or victims.**
- 10. For public health activities.** Example: In the event of your death, if a disclosure is permitted or compelled, I may need to give the county coroner information about you.
- 11. For health oversight activities.** Example: I may be required to provide information to assist the government in the course of an investigation or inspection of a health care organization or provider.
- 12. For specific government functions.** Examples: I may disclose PHI of military personnel and veterans under certain circumstances. Also, I may disclose PHI in the interests of national security, such as protecting the President of the United States or assisting with intelligence operations.

- 13. For research purposes.** In certain circumstances, I may provide PHI in order to conduct medical research.
- 14. For Workers' Compensation purposes.** I may provide PHI in order to comply with Workers' Compensation laws.
- 15. Appointment reminders and health related benefits or services.** Examples: I may use PHI to provide appointment reminders. I may use PHI to give you information about alternative treatment options, or other health care services or benefits I offer.
- 16. If an arbitrator or arbitration panel compels disclosure,** when arbitration is lawfully requested by either party, pursuant to subpoena *duces tectum* (e.g., a subpoena for mental health records) or any other provision authorizing disclosure in a proceeding before an arbitrator or arbitration panel.
- 17. If disclosure is required or permitted to a health oversight agency for oversight activities authorized by law.** Example: When compelled by U.S. Secretary of Health and Human Services to investigate or assess my compliance with HIPAA regulations.
- 18. If disclosure is otherwise specifically required by law.**

C. Certain Uses and Disclosures Require You Have the Opportunity to Object.

1. Disclosures to family, friends, or others. I may provide your PHI to a family member, friend, or other individual who you indicate is involved in your care or responsible for the payment for your health care, unless you object in whole or in part. Retroactive consent may be obtained in emergency situations.

D. Other Uses and Disclosures Require Your Prior Written Authorization. In any other situation not described in Sections IIIA, IIIB, and IIIC above, I will request your written authorization before using or disclosing any of your PHI. Even if you have signed an authorization to disclose your PHI, you may later revoke that authorization, in writing, to stop any future uses and disclosures (assuming that I haven't taken any action subsequent to the original authorization) of your PHI by me.

IV. WHAT RIGHTS YOU HAVE REGARDING YOUR PHI

These are your rights with respect to your PHI:

A. The Right to See and Get Copies of Your PHI. In general, you have the right to see your PHI that is in my possession, or to get copies of it; however, you must request it in writing. If I do not have your PHI, but I know who does, I will advise you how you can get it. You will receive a response from me within 30 days of my receiving your written request. Under certain circumstances, I may feel I must deny your request, but if I do, I will give you, in writing, the reasons for the denial. I will also explain your right to have my denial reviewed.

If you ask for copies of your PHI, I will charge you not more than \$.25 per page. I may see fit to provide you with a summary or explanation of the PHI, but only if you agree to it, as well as to the cost, in advance.

B. The Right to Request Limits on Uses and Disclosures of Your PHI. You have the right to ask that I limit how I use and disclose your PHI. While I will consider your request, I am not legally bound to agree. If I do agree to your request, I will put those limits in writing and abide by them except in emergency situations. You do not have the right to limit the uses and disclosures that I am legally required or permitted to make.

C. The Right to Choose How I Send Your PHI to You. It is your right to ask that your PHI be sent to you at an alternate address (for example, sending information to your work address rather than your home address) or by an alternate method (for example, via email instead of by regular mail). I am obliged to agree to your request providing that I can give you the PHI, in the format you requested, without undue inconvenience. I may not require an explanation from you as to the basis of your request as a condition of providing communications on a confidential basis.

D. The Right to Get a List of the Disclosures I Have Made. You are entitled to a list of disclosures of your PHI that I have made. The list will not include uses or disclosures to which you have already consented, i.e., those for treatment, payment, or health care operations, sent directly to you, or to your family; neither will the list include disclosures made for national security purposes, to corrections or law enforcement personnel, or disclosures made before April 15, 2003. After April 15, 2003, disclosure records will be held for six years. I will respond to your request for an accounting of disclosures within 60 days of receiving your request. The list I give you will include disclosures made in the previous six years unless you indicate a shorter period. The list will include the date of the disclosure, to whom PHI was disclosed (including their address, if known), a description of the information disclosed, and the reason for the disclosure. I will provide the list to you at no cost, unless you make more than one request in the same year, in which case I will charge you a reasonable sum based on a set fee for each additional request.

E. The Right to Amend Your PHI. If you believe that there is some error in your PHI or that important information has been omitted, it is your right to request that I correct the existing information or add the missing information. Your request and the reason for the request must be made in writing. You will receive a response within 60 days of my receipt of your request. I may deny your request, in writing, if I find that: the PHI is (a) correct and complete, (b) forbidden to be disclosed, (c) not part of my records, or (d) written by someone other than me. My denial must be in writing and must state the reasons for the denial. It must also explain your right to file a written statement objecting to the denial. If you do not file a written objection, you still have the right to ask that your request and my denial be attached to any future disclosures of your PHI. If I approve your request, I will make the change(s) to your PHI. Additionally, I will tell you that the changes have been made, and I will advise all others who need to know about the change(s) to your PHI.

F. The Right to Get This Notice by Email. You have the right to get this notice by email. You have the right to request a paper copy of it, as well.

V. HOW TO COMPLAIN ABOUT MY PRIVACY PRACTICES

If, in your opinion, I may have violated your privacy rights, or if you object to a decision I made about access to your PHI, you are entitled to file a complaint with the person listed in Section VI below. You may also send a written complaint to the Secretary of the Department of Health and Human Services at 200 Independence Avenue S.W. Washington, D.C. 20201. If you file a complaint about my privacy practices, I will take no retaliatory action against you.

VI. PERSON TO CONTACT FOR INFORMATION ABOUT THIS NOTICE OR TO COMPLAIN ABOUT MY PRIVACY PRACTICES

If you have any questions about this notice or any complaints about my privacy practices, or would like to know how to file a complaint with the Secretary of the Department of Health and Human Services, please contact me at: Kairos Counseling Center, 5063 Maple Rd. Suite 100, Vacaville, CA 95687. Phone: (707) 874-8463

VII. NOTIFICATIONS OF BREACHES

In the case of a breach, Mrs. Murray is required to notify each affected individual whose unsecured PHI has been compromised. Even if such a breach was caused by a business associate, Mrs. Murray is ultimately responsible for providing the notification directly or via the business associate. If the breach involves more than 500 persons, OCR must be notified in accordance with instructions posted on its website. Mrs. Murray bears the ultimate burden of proof to demonstrate that all notifications were given or that the impermissible use or disclosure of PHI did not constitute a breach and must maintain supporting documentation, including documentation pertaining to the risk assessment.

VIII. PHI AFTER DEATH

Generally, PHI excludes any health information of a person who has been deceased for more than 50 years after the date of death. Mrs. Murray may disclose deceased individuals' PHI to non-family members, as well as family members, who were involved in the care or payment for healthcare of the decedent prior to death; however, the disclosure must be limited to PHI relevant to such care or payment and cannot be inconsistent with any prior expressed preference of the deceased individual.

IX. Individuals' Right to Restrict Disclosures; Right of Access

To implement the 2013 HITECH Act, the Privacy Rule is amended Mrs. Murray is required to restrict the disclosure of PHI about you, the patient, to a health plan, upon request, if the disclosure is for the purpose of carrying out payment or healthcare operations and is not otherwise required by law. The PHI must pertain solely to a healthcare item or service for which you have paid the covered entity in full. (OCR clarifies that the adopted provisions do not require that covered healthcare providers create separate medical records or otherwise segregate PHI subject to a restrict healthcare item or service; rather, providers need to employ a method to flag or note restrictions of PHI to ensure that such PHI is not inadvertently sent or made accessible to a health plan.)

The 2013 Amendments also adopt the proposal in the interim rule requiring Mrs. Murray, to provide you, the patient, a copy of PHI to any individual patient requesting it in electronic form. The electronic format must be provided to you if it is readily producible. OCR clarifies that Mrs. Murray must provide you only with an electronic copy of their PHI, not direct access to their electronic health record systems. The 2013 Amendments also give you the right to direct Mrs. Murray to transmit an electronic copy of PHI to an entity or person designated by you. Furthermore, the amendments restrict the fees that Mrs. Murray may charge you for handling and reproduction of PHI, which must be reasonable, cost-based and identify separately the labor for copying PHI (if any). Finally, the 2013 Amendments modify the timeliness requirement for right of access, from up to 90 days currently permitted to 30 days, with a one-time extension of 30 additional days.

X. Notice of Privacy Practices (NPP)

Kairos Counseling Center Notice of Privacy Practices (NPP) must contain a statement indicating that most uses and disclosures of psychotherapy notes, marketing disclosures and sale of PHI do require prior authorization by you, and you have the right to be notified in case of a breach of unsecured PHI.

XI. EFFECTIVE DATE OF THIS NOTICE

This notice went into effect on Jan. 30, 2013