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Consent for Services for Adult Clients

This document contains information about my professional services and business practices. Please print out this form, read it carefully, sign it, and return it to me at your first appointment. Be sure to write down any questions you may have so that we may discuss them when we meet. Your signature on this form represents an agreement between us.

Background and Credentials

I am a Florida Licensed Psychologist (#PY 8082). My educational background includes a B.A. in Psychology from Smith College, an M.A. in Psychology from American University, and a Ph.D. in Clinical Psychology from American University. My graduate work included training and supervised experience in various types of therapy, including cognitive-behavioral therapy, psychodynamic therapy, humanistic therapy, and family-based treatment for adolescent eating disorders. I completed my pre-doctoral internship at the University of Miami Counseling Center, including a rotation with the Miami-Dade County Department of Human Services – Psychological Services Division. I completed my post-doctoral residency in supervised private practice.

Psychological Services

Our first session, which will last for approximately 1 ½ hours, will involve an evaluation of your history and presenting concerns. By the end of the initial session, I will share my general impressions with you and we will discuss a treatment plan that best suits your needs. If we decide that I am not the best therapist for you, I will provide you with referrals to other professionals who may be a better fit for you.

After the initial evaluation, psychotherapy sessions are typically scheduled once per week, with each session lasting for 50 minutes. However, for clients with more severe difficulties, I may recommend two or three sessions per week. During the course of our work together, we may decide to increase or decrease the frequency of your sessions based on the progress you make.

You are expected to arrive on time and attend all of your scheduled appointments. If you are running late for an appointment, or if you need to cancel or reschedule an appointment, please call me as soon as possible.

Approach to Treatment

My approach to psychotherapy is individualized, collaborative, and evidence-based. The specific treatment approach we decide to use will be based on a variety of factors, including your age, personality, preferences, and family situation as well as the nature and severity of your difficulties.

My treatment techniques are derived from Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and, for adolescent eating disorders, Family-Based Treatment (FBT). These treatment methods are empirically-supported, which means that scientific research has demonstrated that these methods are particularly effective for treating certain problems. You can read more about these treatment approaches on my website in the “treatment” section.

Success in psychotherapy requires an active commitment on your part. At the start of our work together, we will have a dialogue about which type of treatment best suits your needs. It is important that you are fully informed about your diagnosis and treatment. Thus, I will provide you with information and reading materials about your particular problem, the treatment approach we are using, and the scientific evidence supporting this treatment approach.

In order for therapy to be most successful, you will be required to work on assignments between sessions. For example, I may recommend relaxation exercises, journaling, or other coping strategies for you to practice at home.

Fees

Payment is due at the time of service. I accept checks and major credit cards including Visa, MasterCard, and Discover. My standard fee is \$160 per hour. I charge \$240 for the initial evaluation, which generally lasts 1 ½ hours. Subsequent sessions are generally 50 minutes and cost \$160. I do not charge for phone calls, paperwork, or preparation time. I offer reduced rates for college and graduate students and other individuals based on financial situation. If you believe that you may be eligible for my reduced rate, please indicate this in your initial phone call.

Once you have scheduled an appointment, you will be expected to pay for it unless you provide 24-hours advance notice of cancellation. **You will be charged for no-shows and for appointments cancelled with less than 24-hours notice.**

To save time and eliminate the hassle of weekly payment, I strongly encourage clients to complete an **Electronic Payment Authorization form**. You can download and print out this form from the “forms” section of my website, or I can give you a hard copy of the form during our first meeting. This form allows me to deduct your session fee (including fees for no-shows and late cancellations) from the credit card or debit card designated on this form. This information will be stored securely in your clinical file and may be updated upon request at any time.

I do not take insurance. I will provide you with a monthly statement which you may submit to your insurance company. Many insurance companies provide some reimbursement for mental health services, and I am willing to complete the necessary paperwork for you to receive any mental health benefits to which you are entitled. However, you are responsible for paying me for your sessions regardless of what your insurance company decides, and I cannot guarantee that you will be reimbursed. If you wish to be reimbursed, it is important that you discuss these issues with your insurance company prior your first appointment.

Confidentiality

Confidentiality is a cornerstone of the therapist-client relationship. The ethical standards of my profession require that our work remains confidential. This means that I cannot reveal any information about you, either verbally or in writing, to anyone else without your written permission. In general, the privacy of all written and oral communications between a therapist and client is protected by law.

There are a few exceptions to confidentiality which are summarized below:

- Child Abuse or Elder Abuse. I am mandated by law to report cases of suspected child abuse (of children and youth under age 18) and elder abuse (of adults over age 60) to the appropriate authorities. The purpose of the mandated reporting laws is to protect the public from predators, who tend to be repeat offenders.
- Suicide. If you are in imminent danger of killing yourself, I will need to breach confidentiality in order to keep you safe. This may include informing your family member(s) or taking action to see that you are admitted to a hospital.
- Homicide. If you disclose to me that you are planning to kill someone, I am required by law to inform the police, inform your intended victim(s), and inform any other necessary individuals in order to prevent loss of life.
- As mandated by law. For example, if I receive a subpoena, I may be required to submit your records as part of a legal proceeding.

These situations are relatively rare. If a similar situation occurs in your case, I will make every effort to discuss it with you fully before taking any action.

HIPAA

The Health Insurance Portability and Accountability Act (HIPAA) is a federal law that provides privacy protections and client rights with regard to the use and disclosure of your Protected Health Information (PHI) used for the purpose of treatment, payment, and health care operations. HIPAA requires that I provide you with a notice of privacy practices for the use and disclosure of PHI for treatment, payment, and health care operations. The HIPAA notice is in a separate document, which is available on my website in the “forms” section. Please print out a copy of the HIPAA notice for your records. Alternatively, I can provide you with a copy of the notice at our first meeting.

Signature

Your signature below indicates that you have read this document and agree to abide by its terms during our professional relationship. Your signature also serves as an acknowledgment that you have received the HIPAA notice described above.

Signature of Client

Date

Client’s Name (please print)

Client’s Date of Birth