

Benjamin Meyer, LCSW
786 Grange Road
Teaneck, New Jersey 07666

Psychotherapy Contract

Welcome to my practice! It is my mission to provide you with quality psychotherapy and coaching, and to make this a meaningful and rewarding experience. With that in mind, I provided a document that will outline some of the expectations we can expect of each other throughout the course of treatment.

What is Psychotherapy and Coaching?

Psychotherapy's basic aim is to provide emotional relief from challenging life circumstances and experiences, helping individuals, couples, and families to reach their highest level of personal and collective happiness and growth. For some, a treatment may last a short time, and for others, it may be an extended process of personal exploration and growth. During your first meeting, I will provide a full assessment of your individual needs and desires for treatment.

Coaching services help to provide you with a space to look for concrete strategies and solutions to your everyday challenges, whether they be in the workplace or in interpersonal relationships. I will specifically help you to identify and consider how you can work on finding more professional success, and create balance between different professional and social responsibilities.

What you can expect of me?

I am dedicated to giving you my full attention/concentration as we embark on this process together. I will respect your confidentiality at all times, and any contact with an outside party or provider must be approved by a written HIPPA (Health Insurance Portability and Accountability Act) release form. I will provide you with a full written explanation of HIPPA during our first meeting together, as well as an informed consent to begin treatment.

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My office is located at 786 Grange Road, Teaneck New Jersey. In some cases, I may also provide mental health and coaching services via the telehealth platform Doxy. You do have the right to expect that they will be properly furnished, comfortable, and completely confidentiality. Also, you can expect to have a regular appointment time with me, which I will keep and respect at all times. In the case of unforeseen circumstances during which I must cancel an appointment, I will call to reschedule at your earliest convenience.

Regarding communicating with me, I am available by phone and email for scheduling and rescheduling appointments. However, I will not communicate confidential information regarding the course and content of sessions or any other personal matters via email or text message. However, should you choose to communicate confidential information via Gmail or text message, please be aware that neither medium is HIPPA Compliant, and that you are doing so at your own risk. I am available via telephone for emergencies and some consultation services upon request if you are not able to come to my offices.

What I Can Expect of You

Psychotherapy is a process during which uncomfortable and painful thoughts and feelings may be explored at times. Therefore, I honor the risk that each client is taking when they walk into my office. I also expect that you will allow me to provide the best possible support to you, and I have outlined a few requirements I have for ensuring that I can do so.

Fees & Insurance

My standard fee for a fifty minute session is \$150. For the initial hour long assessment, my fee is \$175. I collect all fees at the beginning of each session. I am also currently in network with Blue Cross Blue Shield. It is your responsibility to make sure that your insurance is active, and to know your co-payment and out of network deductible. If you have a deductible, it is your responsibility to pay the in-network amount at the beginning of each session, which is usually \$90 for an

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intake and \$80 for each session afterwards, although you may check with Blue Cross Blue Shield to ensure that this is the case for your plan before you see me. If you are not a member of Blue Cross Blue Shield but your health insurance plan offers out of network benefits, I am able to assist you by providing a superbill for services rendered. I may be able to offer a sliding scale for some clients who are unable to afford my full fee, and I am happy to discuss this with you in greater detail on the phone or in person. However, Please keep in mind that I reserve the right to raise a client's fee at any time should his or her financial situation or my needs change at any time.

At times, you may request that I communicate with outside providers or personnel involved in your life. I am happy to do so free of charge, but please keep in mind that any written communication, including but not limited to written letters and reports to courts, schools, and other practitioners include a charge of \$50 per hour.

I do also provide one complimentary 15 minute check in with clients and parents who attend regular weekly psychotherapy and coaching services, but will charge my session fee for sessions that exceed this 15 minute time frame.

Personal Safety

As your therapist, it is paramount that we work together for you to feel safe outside as well as inside of my office. Therefore, at times, we may work on creating a safety contract that includes specific steps you can take to feel safer as well as self-soothe and relax during times of stress. You may keep a copy of this contract, and another copy will also be signed and kept in your file.

Credit Card Policy

You are welcome to pay by credit card, but I do have a small square service fee of 2.75 percent per swipe and 3.5 percent + 15 cents for a manually entered

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credit card number. Also, I do keep a credit card on file as insurance for enforcing my cancellation policy.

Cancellation policy & Lateness

In order to provide you with the best care, it is imperative that you attend our sessions on a regular basis and on time. With this in mind, I do expect you to cancel twenty four hours before your expected appointment, and on Friday before the weekend, specifically 72 hours before their Monday apt. If you fail to do so, you will be responsible for my entire session fee of \$150. I do also expect you to make up any cancelled appointment times during the upcoming week. This is also the case if you are in-network with Blue Cross Blue Shield. I also expect you to arrive on time for each session. If you arrive more than fifteen minutes late, you will be responsible for my entire session fee.

I Look Forward to Working With You!

Benjamin Meyer, LCSW

Client

Date

Date