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CLIENT INFORMATION

The process of a psychological consultation or psychotherapy requires the creation of a therapeutic contract. The therapist agrees to treat you with respect, and to apply skills and knowledge to help you with your presenting problems. The therapist agrees to practice ethically and to maintain your privacy and confidentiality. You agree to come to your appointments as scheduled, provide honest and accurate information to your therapist, pay your bills, and work to meet your therapy goals. Depending upon the situation, either you or I may discontinue this therapy contract. If you wish to continue therapy, I will refer you to a different therapist. When the case is closed, the records will be stored for seven years and are then destroyed (or seven years past the age of 18 for minors).

Billing and Payment

If you have mental health benefits under your insurance policy and wish to use them, I will directly bill your insurance company. You are ultimately responsible for knowing the terms of your coverage and are responsible for any charges not covered or disallowed by your policy. It is expected that you make any co-payments at the time of the session, and pay in full at the time of the appointment if you are not using insurance benefits. Please be advised that accounts outstanding for longer than 30 days will accrue interest at a rate of 1.5% compounded monthly, and are liable for legal action and/or follow-up by a collections agency. Feel free to discuss any fee or billing concerns with me.

Appointments

Most appointments are 50 minutes in length, although longer and shorter sessions can be arranged. There is no receptionist, so please contact me directly at the number on the top of this page with your scheduling needs. It is my policy to charge a \$100 fee if you do not cancel your scheduled appointment within 24 hours. Medical insurance does not cover missed appointments, so this fee would be your responsibility.

Emergencies

In a life-threatening emergency, always call 911. During business hours on Mondays through Thursdays you may leave a message for me and I will return your call by the end of the day. On other days, week-ends, holidays, vacations, or other times when I am unavailable, you may contact the following crisis resources:

Hennepin County COPE – Adult services: 612-596-1223

Hennepin County COPE –Children and Adolescents: 612-348-2233

National Suicide Prevention Lifeline (Call or Text): 988

Client Rights

Consumers of psychological services offered by psychologists licensed by the state of Minnesota have the following rights:

1. To expect that a psychologist has met the minimal qualifications of training and experience;
2. To examine public records which contain the credentials of the psychologist;
3. To receive a copy of the Rules of Conduct of the Board of Psychology;
4. To report complaints to the Board of Psychology;
5. To be told of the cost of professional services prior to receiving those services;
6. To be guaranteed confidentiality as defined by rule and statute;
7. To be free of discrimination on the basis of race, religion, gender, or other unlawful discrimination while receiving psychological services
8. To have access to your records according to law;
9. To be free from exploitation for the benefit or advantage of the psychologist.

Confidentiality and Data Privacy

The information you share about yourself will be used to establish a diagnosis, to determine your treatment plan and goals, and to provide the services you request. Information necessary for reimbursement from your insurance company will be provided to them. If I determine that you are a clear and present danger to yourself or someone else, I will be obligated to reduce the likelihood of danger by involving the police or your family to take necessary action. Child abuse and neglect, sexual abuse, and abuse of vulnerable adults must be reported to the county. In unusual circumstances there is the possibility of myself or my records being subpoenaed. In order to provide the best possible treatment, I may present specific questions to colleagues in a case consultation. Except for the above reasons, I will not share information about your treatment with others unless you sign a consent form.