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Trauma Psychologist, Behavioral Medicine/Health Psychology

Welcome to my practice.

This document contains important information about my professional services and business policies. Please read it carefully. When you sign this document, it will represent an agreement between us.

Psychological Services

Please understand that I spend from one to two sessions evaluating whether we are a good clinical match. Should we determine that this is not the case, I will provide you with some names of qualified practitioners.

Psychotherapy/psychological services are not easily described in general statements. There are many different methods I may use to deal with the particular problems you bring forward. Psychotherapy calls for a very active effort on your part. For therapy to be successful, you will need to work on things we talk about both during our sessions and at home.

Psychotherapy has both risks and benefits and you may experience strong emotions or discomfort from time to time. Similarly, therapy has been shown to provide great benefits to those who make a commitment and follow through with treatment. Of course, there are no guarantees of what you will experience.

Meetings

Sessions last 45-50 minutes. Please arrive promptly. I make every effort to start and end on time, as I acknowledge that everyone's time is valuable.

If you are unable to attend a scheduled session, for whatever reason, you must provide at least 48 hours notice. Failure to do so will result in a full charge for that meeting.

Professional Fees

My fee is \$250 for regular sessions and \$270 for the initial visit unless we have reached a separate agreement together.

Payment

Full payment by credit card is due at the conclusion of each session. Checks are not accepted.

Late cancellation or no-show

You must provide at least 48 hours notice if you need to cancel. Failure to do so will result in a full charge for that meeting. If you do not show for a scheduled appointment, you will be charged for that session.

Insurance

I do not take insurance but am happy to give you to codes and appropriate information so that you can file for re-imbusement out of network.

In order for us to set realistic goals for therapy, it is important to evaluate what resources you have available for your treatment. It is essential that you understand that you are responsible for full payment of my fees at the conclusion of each session.

Contacting Me

I am often not immediately available by phone; however, I check my voicemail frequently and make every attempt to return calls the same day.

If you need to reach me urgently after-hours or on a weekend, you may call me at 413-519-1788.

When I am unavailable for an extended period of time for vacations or holidays, I will provide you with a colleague's name and phone number to contact, if necessary.

Professional Records

The laws and standards of my profession require that I keep records of the professional services I provide. You are entitled to receive a copy of the records unless I believe that seeing them would be emotionally damaging.

Due to the fact that these are professional records, they can be misinterpreted by those not trained as mental health professionals. I usually recommend that you receive a written summary of their contents and that you review this in my presence.

Confidentiality

In general, the privacy of all communications between a patient and a psychologist is protected by law. I can release information to others only with your written permission.

But there are a few exceptions:

- If a patient threatens to harm himself or herself, I may be obligated to seek hospitalization for him/her and to contact family members or others who can help provide protection.
- If a patient is threatening serious bodily harm to an identifiable person, I am required to take protective actions. These may include notifying the potential victim, contacting the police and/or hospitalizing the patient.
- If there is a reasonable suspicion of abuse to a child, I must file a report with Department of Social Services.
- If there is evidence of elder or disabled person abuse, I must also report this to the appropriate state agency.
- In most legal proceedings, you have the right to prevent me from providing any information about your treatment. In some proceedings, such as child custody or where your emotional condition is an important issue, a judge may order my testimony if she/he determines that issues demand it.
- I may find it helpful to consult other professionals about your situation. During these times I make every effort to conceal identifying information. The consultant(s) is also legally bound to keep confidentiality. If you do not object, I will not tell you about these consultations, unless I feel that it is important to our work together. This way you will have the benefit of additional expertise.

Your signature here indicates that you have read the information in this document and agree to its terms:

Signature

Date