



ANDI BLAYLOCK, LCSW

COUPLES, RELATIONSHIPS,  
PREMARITAL, FERTILITY, ADOPTION

## Informed Consent for Treatment

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### About Me

Thank you for choosing to work with me. I am a Licensed Clinical Social Worker with a master's degree in social work from the University of Michigan. I earned my MSW in 1995, following a bachelor degree in psychology from the University of Wisconsin. I have trained in two of the most evidence-based and effective methods of couple's therapy—Gottman Method couples therapy and Emotionally Focused Couples Therapy. These research-based approaches help couples re-establish their closeness, communicate effectively and better manage conflict. I also use the Prepare/Enrich curriculum in my premarital and marital enrichment counseling. In my years of practice I have worked in a variety of settings including crisis helplines, hospitals, substance abuse treatment, child welfare, adoption, and employee assistance, where I've gained experience addressing a range of issues that face both individuals and couples.

### About Therapy

I believe successful therapy starts with the relationship between the therapist and client. My goal is to create a warm, trusting environment that can help you reach the goals you set for therapy. In addition to the methods described above, I also use solution-focused, cognitive behavioral and psychodynamic approaches. The approach used varies depending on the person and situation, but I always have roots in a client-centered, strength-based philosophy. You are the expert on you. My role is to guide you to achieving your goals and living your best life. The work done in therapy can be hard and challenging, but the overall experience should be a positive one. I have a casual, laid-back, non-judgmental style that encourages you to get the most out of the therapeutic relationship.

The first step in therapy is a complete assessment. **The first session of Individual therapy (75 minutes) is the assessment and couples therapy assessments are conducted over two 90-minute sessions. Couples therapy sessions may also include the completion of questionnaires, individual interviews and videotape.** You have the right to refuse the use of videotape, although the tapes are used to enhance the therapeutic process and are destroyed after being viewed.

### Fees and Insurance

I accept Blue Cross Blue Shield PPO, Humana, Magellan, MHN and Aetna. I will bill your insurance for the cost of treatment, but co-pays are expected at the time of service. Cash, credit card, debit card, and personal check are accepted. The initial assessment fee is \$100/75-minute session for Individual Therapy and \$125 for each of two 90-minute sessions for couples therapy. The fee for ongoing individual therapy is \$90/50-minute session and \$100/50-minute session for couples therapy. In some instances, negotiated rates or a sliding fee scale is used. **If you need to cancel or reschedule your appointment, please contact me twenty-four (24) hours prior to your session, otherwise, I reserve the right to bill you for the full fee of the scheduled session (be aware insurance will not cover this session).** I also reserve the right to discontinue services after two missed sessions or for an unpaid bill. There is no refund for services rendered.

### Confidentiality

All of the therapy services you receive are confidential; information regarding you or your case is shared only with your written permission. **Exceptions to confidentiality are specified by law** and are as follows: when you are believed to be in danger of hurting yourself or someone else, if abuse or neglect of a child, elder or disabled person is indicated, or if a judge requires the testimony of your therapist, by court order, or in other court proceedings (such as trials for homicide, suits for malpractice, and proceedings to determine mental competency).

I use a HIPAA-compliant online practice management service for receipt of client payments and for insurance claims. Consequently, limited information, including your name and address, sessions attended, diagnosis, payment history, etc. is kept on the management service's online server. By signing this consent, you are agreeing to this, and, if you are using insurance, also giving permission to share this information with your insurance company and its agents.

**Social Media and Email**

I maintain Social Media pages to share information about my practice and health issues that may be of interest to the public. I do not interact with clients on these sites. While I welcome you to view my Social Media sites, read or share articles posted there; I have no control over the privacy of any site. Consider that visiting my Social Media page and/or by "Liking", commenting, "checking in," or connecting will impact your privacy.

Please do not use email, text messaging or messaging on Social Networking sites such as Twitter, Facebook, or LinkedIn to communicate any confidential information about yourself as these methods are not completely secure. I use email for administrative purposes only, such as appointment scheduling or the exchange of non-clinical information. If you choose to communicate with me by email, be aware that all emails are retained in the logs of Internet service providers and that email exchanges become a part of the legal record.

You may find me on sites such as Yelp, Google Places, or other places that list businesses. They may include user ratings and reviews. If you find my listing on any of these sites, please know that my listing is NOT a request for a testimonial, rating, or endorsement from you as a client.

Of course, you have a right to express yourself on any site you wish. But due to confidentiality, I cannot respond to any review on any of these sites whether it is positive or negative. If you do choose to write something on a business review site, keep in mind that you may be sharing personally revealing information in a public forum.

**Emergencies**

In the event of an emergency, contact 911 or go to the nearest emergency room.

**Possible Risks**

Although the success rate for therapy is high, not all clients improve. Also, in the course of therapy, painful situations and experiences are discussed. You may experience strained relationships and increased discomfort, especially early in counseling as these issues are addressed.

The choice to participate in therapy is yours. The risks of not pursuing treatment may include continued discomfort, deterioration of health and/or medical difficulties, and diminished relationships. Alternative forms of treatment are available, such as support groups, inpatient care, and other types of outpatient therapy. Upon request, I will discuss referral options with you.

*I understand the above information and have asked for clarification regarding any information that was unclear to me. I wish to participate in therapy with Andi Blaylock, LCSW.*

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Client 1 \_\_\_\_\_  
Date

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Client 2 (if applicable) \_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist \_\_\_\_\_  
Date