

Welcome!

**Grounded NYC** is a group psychotherapy practice devoted to incorporating social justice and a non-pathologizing approach to therapy, where diagnoses are secondary to an individual's unique strengths, resilience, and self-determination. We aim to empower our clients to define and build on their life goals, and to feel more grounded.

The following information is provided to help orient you to our practice. Of course, if you have questions or concerns about any of the policies contained herein, please don’t hesitate to ask for clarification.

*Frequency and Length of Treatment:* The length of time and the frequency you come to therapy is unique and depends on factors such as what’s bringing you into therapy and what your personal goals are. When we begin treatment we will spend some time thinking together about what your needs are and how best to meet them.

*Cancellations:* If you know in advance that you will not be able to keep our regularly scheduled appointment, please give me as much notice as possible, so that I may make other plans for that time. When at all possible, please give at least 24 hours notice. If you cancel your session with less than 24 hours notice, I will charge a $25 cancellation fee.

*Notification of Privacy Practices:* I have an extensive document, “Notification of Privacy Practices,” which I will make available to you. In brief, as a Licensed Clinical Social Worker, I protect the confidentiality of all communications with my clients. I will only release information about our work to others with your written permission, or if I am legally required to do so. Situations in which I am legally obligated to breach your confidentiality include (1) if I have information that indicates that a child or elderly or disabled person is being abused, I must report that to the appropriate state agency and (2) if a client is an imminent risk to themselves or makes threats of imminent violence against another person, I am required to take protective actions. These situations rarely occur, but if such a situation does occur, I will make every effort to discuss it with you before taking any action. Signing this agreement below indicates that my “Notification of Privacy Practices” has been made available to you.

*Communication:* Email can only be used for scheduling purposes. Email can never be used to discuss anything personal or clinical, because it is not a secure communication method. If you would like to discuss anything personal or clinical, please call me. I will do my best to make myself available to you for a few minutes. You can also text me if you are running late or need to cancel at the last minute.

*Payment:* We will discuss and agree upon a fee for services prior to your first session. During the first phase of treatment we will discuss and agree upon a regular schedule for payment. We can continue to discuss this throughout treatment as needed. I accept cash, checks, paypal, and credit card (Visa, Amex, MasterCard, Discover).

*Insurance:* Currently I am not an in-network provider for any insurance companies. If you are using out of network benefits to cover some or all of the cost of our sessions, I will provide you with a statement (either weekly or monthly) that will have all the necessary information for you to submit to your insurance provider for reimbursement.