

## **Therapy Agreement**

Welcome to the New England Center for Healthy Minds (NECHM). Please read this document carefully before signing as it will represent the commitment between NECHM, the patient/patient's guardian, and the therapist. Therapy is a process that is most effective when the patient participates regularly with a clear understanding of the expectations of the patient and of the therapist. The goal is to work together towards improving functioning emotionally, mentally, and/or behaviorally.

### **Therapeutic Services & NECHM's basic expectations of you:**

- Attend your scheduled appointments consistently (unless an unforeseen emergency comes up, or you provide us with advanced notice. Frequent cancellations/reschedules will be addressed, and may result in termination of therapy.)
- Engage in treatment by attending, participating, and working on skills outside of the session
- Be open and honest with your therapist about symptoms, thoughts, feelings, safety concerns, goals, and other concerns that come up in the therapeutic process, including if something about the therapy is or isn't feeling like the right fit
- Pay your co-pay or rate at time of service

### **Your expectations of NECHM - your providers will:**

- Provide you a safe and secure environment for the work you will be doing
- Work to keep your appointments consistent in schedule, and running on time
- Reach out to you using the phone numbers you provided as soon as possible in the event a cancellation or reschedule is necessary
- Be honest when they feel your services should come to an end, due to:
  - Reaching goals and no longer needing the services
  - Needing a specialist or another provider who is better suited for your needs
  - Lack of engagement in treatment, or the patient not "ready" or "open" for therapy
  - Inconsistency of attendance, payment, or other financial components

### **Informed Consent for Therapy**

- Therapy can be hard, you are working through challenging feelings or experiences



## **Therapy Attendance & Payment Agreement**

Welcome to New England Center for Healthy Minds (NECHM). Please read this document carefully before signing, as it will represent the commitment between NECHM, the patient or the patient's guardian, and the therapist. We hope to provide consistent, safe, therapeutic, and beneficial services, and as a result need your commitment to attendance, as well as payment, for our services.

### **Meetings and Attendance**

- During the first 1-2 sessions, you and your therapist can decide together if the therapist is the best professional to provide the services you need in order to meet your treatment goals.
- Your first appointment may be booked on short notice at a time and date of mutual convenience for both you and the therapist. However, subsequent appointments can be determined during your initial office visit.
- Once an appointment time has been booked, you are responsible for attending that appointment. We require that you notify us in advance for ALL appointments that need to be canceled or rescheduled. If you do not cancel or show up for your scheduled appointment at least 48 hours prior to the appointment time, you will be responsible for the associated charges (\$75 for no show or late cancellation) and/or dismissal from the practice. Dismissal from the practice will occur after two missed appointments within one year if the associated charges are not settled. Re-admittance may be possible after a clinical review to ensure that NECHM will provide the appropriate level of care.
- When it is time for treatment to discontinue, we ask that you participate in a final session designed for the specific purpose of terminating the treatment, evaluating its course, and projecting its benefits into your future.

### **Billing, Payments and Fees**

Another part of your responsibility necessary for your therapy to continue, resulting in increased chances of meeting your therapy goals, is fulfilling your financial agreement established with New England Center for Healthy Minds.

- You will be expected to pay for each booked therapy session unless you and your therapist agree that you were unable to attend due to circumstances beyond your control.

