

Lezlie Namasté

Essential Connections Therapy

Communication:

Please leave a message on my phone (607) 354-3063 including times you are most likely to be available and I will return your call as soon as possible. If, however, there is a crisis and you need immediate support, please call the Crisis hotline at 272-1616 or 911.

My encrypted email is lezlie@essentialconnectionstherapy.com. When it is sent to you , it will request you to answer a question specifically made for you. Please don't press reply until you have answered the question so that your email will be sent back encrypted as well.

Cancellation:

To cancel an appointment, please get in touch with me by phone (607) 354-3063 at least 24 hours before your scheduled appointment time. Since I can't use this time for another client, I charge \$25 for late cancellations unless it is an emergency.

Fees and Insurance:

I am an out-of-network provider. That means payment is made directly to me by you at the time of each session by cash, check or credit card and then the bill is submitted to the insurance company. As a service for you, I can submit to your provider who will send the reimbursement directly to you. Since each insurance policy is different, I suggest you call your insurance company so you are clear as to what they will cover. It is important that you realize you are directly responsible to me for the full amount despite what your insurance company allocates.

Our first initial intake session will be between 60-70 mins. Most following sessions will be 50 minutes for individuals and the fee charged for each session is \$100. Some sessions may go for 60 mins, but you will not be charged extra. When I see couples, I find that 1-1 1/4 hours is optimal. For couples, my fee is \$100-\$125.

Please discuss any fee difficulties with me if they arise so we can explore an alternative arrangement. It is my hope that we can come to a workable agreement so you are obtaining the care that you need. Note that therapy fees may constitute a tax-deductible medical expense. I can give you an end of the year receipt for that purpose.

Confidentiality:

Information that you discuss with me is considered confidential. However, there are circumstances under witch I am not allowed by law to protect your confidentiality. If any of these arise during the course of our relationship, I will talk to you (unless there is imminent risk) before acting. As a mandated reporter in NYS, I must report any situation in which it appears there is child abuse or neglect and will also report elder abuse or neglect. If I am concerned for your safety (that you may harm yourself) I am bound to report the situation to the authorities. If I am concerned that you may harm someone else, I must report the situation to that person or the authorities. Additionally, if the legal system subpoenas your records due to a court case in which you are engaged, I must comply.

This certifies that I have read, understand, posed any questions and agree to follow the above policies of Lezlie Namasté, LCSW -Essential Connections Therapy. I, _____, agree that I am responsible to pay the amount of \$_____per session.

I hereby authorize the release of any medical records or information necessary to process my insurance claim and allow Lezlie Namaste to submit my claim for me.

Client signature _____ Date

Therapist signature _____ Date