

INFORMED CONSENT

LICENSED PROFESSIONAL COUNSELOR & LICENSED CHEMICAL
DEPENDENCY COUNSELOR

THE UNDERSIGNED LPC AND LCDC IS LICENSED IN THE STATE
OF TEXAS AND TREATS A DIVERSE RANGE OF MENTAL HEALTH
CONDITIONS. SHE WORKS WITH BOTH ADULTS AND
ADOLESCENTS.

NATURE OF THERAPY

Erica Martinez Cain, M.S, LPC, LCDC ...

HER APPROACH TO THERAPY TAKES INTO ACCOUNT THE
SPIRITUAL, PSYCHOLOGICAL, SOCIAL AND BIOLOGICAL
DIMENSIONS OF THE CLIENT. THE RELATIONSHIP ESTABLISHED
WILL BE CHARACTERIZED BY MUTUAL RESPECT, AND
COLLABORATION. OUR MUTUAL GOAL WILL BE THAT YOU WILL
GROW AND DEVELOP AND BECOME COMMITTED TO WORKING
ON THINGS DISCUSSED DURING OFFICE SESSIONS AS WELL AS
AT HOME. THE ULTIMATE GOAL IS THAT YOU BECOME
INCREASINGLY ABLE TO IMPLEMENT YOUR AWARENESSES AND
CHANGES WITH INCREASED CONFIDENCE AND SELF RELIANCE.
PSYCHOTHERAPY CAN HAVE TREMENDOUS BENEFITS WHILE
ALSO HAVING RISKS. BECAUSE THERAPY OFTEN INVOLVES
EXPLORING AND DISCUSSING UNPLEASANT ASPECTS OF YOUR
LIFE, THERE MAY BE UNCOMFORTABLE FEELINGS THAT ARE
EXPERIENCED WHICH CAN INCLUDE SADNESS, LONELINESS,
ANGER, GUILT, FRUSTRATION AND HELPLESSNESS.
ALTERNATIVELY, PSYCHOTHERAPY CAN HAVE TREMENDOUS
BENEFITS. IMPROVED RELATIONSHIPS, GREATER SELF
CONFIDENCE, OVERALL IMPROVED OUTLOOK AND SENSE OF
WELL BEING, IMPROVED ABILITY TO RESOLVE TROUBLING
MATTERS AND CONFLICTS, AND SIGNIFICANT REDUCTIONS IN
DISSATISFACTION OR DISTRESS REGARDING ISSUES IN YOUR
LIFE. IT IS IMPORTANT, HOWEVER, TO NOTE THAT IT IS

IMPOSSIBLE TO GUARANTEE ANY SPECIFIC RESULT REGARDING YOUR THERAPEUTIC GOALS. TOGETHER WE WILL WORK TO ACHIEVE THE BEST RESULTS POSSIBLE.

APPOINTMENTS/CANCELLATIONS

APPOINTMENTS CAN BE MADE BY CALLING THE OFFICE NUMBER DIRECTLY OR THROUGH EMAIL CORRESPONDENCE INCLUDED IN THE CONTACT INFORMATION PROVIDED AT YOUR FIRST VISIT. PLEASE CALL TO CANCEL OR RESCHEDULE AT LEAST 24 HOURS IN ADVANCE OR YOU WILL BE CHARGED FOR THE MISSED APPOINTMENT. YOU ARE RESPONSIBLE FOR CALLING TO CANCEL OR RESCHEDULE YOUR APPOINTMENT. IT IS IMPORTANT TO NOTE THAT INSURANCE IS NOT ACCEPTED.

PAYMENT FOR SERVICES

THE FEE FOR THE INITIAL PSYCHOTHERAPY SESSION IS \$150. AFTER THE FIRST APPOINTMENT, MY STANDARD FEE FOR EACH PSYCHOTHERAPY SESSION IS \$100. I AM ABLE TO SEE A VERY LIMITED NUMBER OF PATIENTS AT A LOWER, ADJUSTED FEE. MY FEES FOR WELLNESS CLASSES VARY, WITH COURSES PRICED BETWEEN \$50-\$100.

PSYCHOTHERAPY FEES:

\$150 FOR 90-MINUTE INITIAL INTAKE

\$100 FOR A 60 MINUTE SESSION

\$120 FOR A 50 MINUTE COUPLES SESSION

\$195 FOR A 90 MINUTE COUPLES SESSION

\$40 FOR A 90 MINUTE GROUP THERAPY

*SPECIAL RATE FOR MILITARY AND LAW ENFORCEMENT: \$10 OFF ALL FEES LISTED ABOVE

IT IS IMPORTANT TO NOTE THAT INSURANCE IS NOT ACCEPTED.

PAYMENT IS DUE AT THE END OF EACH SESSION. ERICA MARTINEZ CAIN, M.S., LPC, LCDC ACCEPTS CASH OR CHECK.

CONFIDENTIALITY

CONFIDENTIALITY IS AN ESSENTIAL PART OF ANY CLINICAL RELATIONSHIPS. ALL ASPECTS OF YOUR PARTICIPATION IN CLINICAL SERVICES WITH ERICA MARTINEZ CAIN, M.S., LPC, LCDC, INCLUDING THE SCHEDULING OF APPOINTMENTS, CONTENT OF COUNSELING SESSIONS, AND ANY RECORDS THAT I KEEP, ARE CONFIDENTIAL AS OUTLINED BY FEDERAL AND STATE LAW. DISCUSSIONS BETWEEN A THERAPIST AND A CLIENT ARE CONFIDENTIAL. NO INFORMATION WILL BE RELEASED WITHOUT YOUR WRITTEN CONSENT OR UNLESS MANDATED BY LAW. EXCEPTIONS TO CONFIDENTIALITY INCLUDE, THE FOLLOWING SITUATIONS: I BELIEVE YOU ARE LIKELY TO HARM YOURSELF AND/OR ANOTHER PERSON; CHILD ABUSE; ABUSE OF THE ELDERLY OR DISABLED; SEXUAL EXPLOITATION; AND/OR COURT ORDERED DISCLOSURE OF INFORMATION VIA VALID SUBPOENA OR COURT ORDER. IF YOU HAVE ANY QUESTIONS REGARDING CONFIDENTIALITY, YOU SHOULD BRING THEM TO THE ATTENTION OF ERICA MARTINEZ CAIN, M.S., LPC, LCDC.