

Psychotherapy Consent and Fee Agreement
Emotionally Focused Therapy (EFT)

Dr Catherine MacLennan is a licensed psychologist in Washington State (PY 00003197). She has had over 43 years of experience as a mental health professional.

She does Emotionally Focused Therapy (EFT) with couples, families, and individuals. EFT has been researched extensively, especially with couples, and the modality has been empirically supported. Since the COVID-19 pandemic, Catherine works virtually (via Zoom) and does no face-to-face work.

Catherine continues to maintain a physical office and expects to return to in person psychotherapy within a few months (perhaps by June 2021) depending on the status of the pandemic). You can choose whether to participate virtually through telehealth or in person.

Dr MacLennan is a member of the International Centre for Excellence in Emotionally Focused Therapy (see <https://iceeft.com/>), a Centre of Excellence for the promotion of secure, resilient individuals and successful relationships between partners and within families. The ICEEFT mission includes the further expansion and refinement of the Emotionally Focused Therapy (EFT) model through process and outcome research. Another central aspect of our mission is to educate health professionals and to increase public awareness about the efficacy of EFT and its role in strengthening relationship bonds and mental health.

Dr MacLennan is a member of the Seattle Center for Emotionally Focused Therapy (SCEFT see <http://www.seattleeft.com/>); the Eastern Washington Northern Idaho Emotionally Focused Therapeutic Community (EWNIEFT see <https://ewniefteft.com/>); the Puget Sound Emotionally Focused Therapy group (PSEFT <https://www.pseft.com/>); and the Portland Centre for Emotionally Focused Therapy (PCEFT <https://pceft.com/>).

Catherine actively participates on an ongoing basis with Emotionally Focused Therapy (EFT) supervision and consultation in order to provide you the very best service.

In EFT the “couple” or the “family” are the client and the focus is on the relationship and the interactions between you and your family within an attachment framework. We work on changing the interactions and changing the relationship.

EFT does not blend well with the “medical model” or with “psychopathology” - or with looking at the individual as having mental illness that is being “fixed. Dr MacLennan does not diagnose as part of EFT treatment. I do not bill insurance, which would require a diagnosis or “illness” that we are “treating” or “fixing.”

To participate in couples or family therapy with me, you must agree to not use these treatment records against each other in family court, custody battles, or any other litigation matter. If you should ever request therapy records:

1. For couple therapy, you must both sign consent to release records because they are about the relationship; and,
2. For family therapy, each family member who is 13 years or older must sign consent to release records because they are about the family relationships.

Until further notice sessions are scheduled through Zoom, a HIPAA compliant Telemedicine software. If you are not familiar with this, we can talk about how to do it.

Click on the Zoom link emailed you by Dr MacLennan. Zoom is stable and while quite secure, we cannot promise with certainty there is no risk of intrusion or hacking. For this cause, we are informing you of this possibility and you have the right to refuse services. However, if you do sign this form you are agreeing to the risks before outlined. If you do not receive a link via email check your spam box, if you cannot find one, contact me at 509 826-5615 so we can send you another link.

It is best to use a computer or a tablet for Zoom meetings and have good internet.

Confidentiality: All existing confidentiality protections under federal (HIPAA) and State law apply to information used or disclosed during Telehealth and in person psychotherapy sessions. All existing confidentiality protections under federal and state law apply to information used or disclosed during your telemedicine consultation. If you use any method of electronic communication with me there is a minimal chance that a third party may be able to intercept that communication. With the use of technology, it is important to be aware that family, friends, co-workers, employers, and hackers may have access to any technology, devices, or applications that you use.

Please only communicate through a computer, or any other device, that you know is safe and secure. You are responsible to review the privacy settings on the device you use, as well as being aware of the agreement forms of any applications or technology you use on your device.

Part of why the EFT model works so well is that the psychotherapist records your sessions in order to review the session later. I review myself and also review with my EFT supervisor and with my consult group. I ask your written permission in advance to record to my computer, and promise that I will delete the recording after I am finished with my review. This is quite a benefit to you as a “consumer” and there is no extra charge for this.

Please contact me with any questions on privacy measures on my device or system.

Limitations of Distance Counseling: Although research has proven the effectiveness of distance counseling, it is an alternative form of counseling with certain limitations. Please be aware of the following concerns:

- It may lack visual and/or audio cues, which may cause misunderstanding or making it difficult to hear one another.
- There may be disruptions in the service and quality of the technology used.
- It may not be appropriate if you are unable to find a private space during the session or are having a crisis, suicidal or homicidal thoughts.
- There is a small possibility that our secure connection could be hacked or safety protocols could be broken in other ways despite my efforts to create a secure connection.

To ensure your ability to contact me in case of a difficulties during a session please have a reliable phone available and provide me with the number. If you get disconnected from a video conferencing session, end and restart the session. If you are unable to reconnect within five minutes, I will call you on the phone number that you have provided.

PSYCHOTHERAPY FEES AND FINANCIAL ISSUES

- 1. \$50.00 deposit must be paid before we will reserve your appointment day/time. This will be applied to the costs for your intake, or if you no show or do not give 24 hour notice, this fee will be used for that expense.
- 1. \$225.00 for intake per 70-75 minutes (couple, family, or individual)
- 2. \$175.00 for psychotherapy per 45-50 minutes (couple, family, or individual)
- 3. \$600.00 for couples intake which involves (*this is optional, you can elect to make an appointment for just the intake for \$225.00*). Pay in advance to reserve your time.
 - a. meeting with you as a couple for 45-50 minutes;
 - b. then meeting with each of you individually (45-50 minutes each x 2);
 - c. then meeting with you as a couple for 45-50 minutes to complete assessment and mutually decide whether we are a good fit for each other.
- 4. \$1500.00 couple’s therapy or family therapy intensive or (immersion) for 8 hours over 2-3 days to help you kickstart. Pay in advance to reserve your time.

All the requirements for in Office sessions also apply to Telehealth sessions, including the 48 hour no show policy and a no show fee. Late cancellation fees may be waived to accommodate current conditions due to COVID and local internet problems.

Remember that you are not a client of Dr MacLennan unless you have had an actual appointment. There will be no treatment, no records, no documentation, until that occurs.

In some circumstances, Dr MacLennan provides psychotherapy at reduced rates. If you want psychotherapy and cannot afford it, please talk with Dr MacLennan about your circumstances.

By signing below

I (we) attest that we understand the limitations and specific concerns related to telepsychology. Dr MacLennan has discussed with me the information provided above. I have had an opportunity to ask questions about this information and my questions have been answered.

I (we) have read and consent to (agreed) to participate in telepsychology or telehealth sessions with Dr MacLennan using the Emotionally Focused Therapy Model

Client name: _____ signature _____ date: _____

Date of birth _____ Email _____ Phone _____

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