

# **The Growth and Recovery Center: Policies and Fees**

## **Confidentiality**

Communications in therapy are confidential. There are exceptions which include the case where there is an imminent danger to self or others and we cannot agree on the proper resolution of the crisis. When minors are seen in treatment, mandatory reporting of suspected child abuse is required by state law. You may request that I release information to others or gather information from prior therapists by signing a written release of information form.

## **Length of Sessions and Therapy**

Individual sessions are usually held once or twice a week for approximately 45 minutes. In some cases, 90 minute sessions can be arranged as needed. The entire length of therapy depends on the severity of the problem, the intensity of work, and the use of all appropriate supports. Group therapy sessions are 90 minutes and occur on Monday evening, Wednesday evening, and Saturday morning (see below).

## **Fees**

The usual fee is \$125.00 for 45 minute individual sessions. The fee is \$80.00 for the intensive, Monday evening program. Group therapy is \$50.00 for an hour and a half session. Insurance

payment is accepted. If insurance is used, the fee is that negotiated with the particular insurance company and you will only be responsible for your co-pay. There is a sliding fee scale depending on what you can afford to pay. We bill at the end of the month and we will submit insurance forms on a monthly basis.

Phone calls, emails, and instant messages that are more therapeutic than business will be charged at the hourly rate of \$160.00/hour. Letters, reports, testimony, and consultations will be charged at this rate as well.

### **Cancellation and Emergency Contacts Policies**

Please give 24 hours notice for appointments that you are unable to keep.

Emergency phone contacts are welcome if necessary. Please keep the length and number of calls reasonable. If I do not respond to a message on our office phone and you must speak with us, call the number that your therapist has given you or Dr. Griffin-Shelley's cell phone at 484-904-6006.

Email and instant messages are welcome if needed. As with phone contacts, these forms of communication should respect appropriate boundaries as well as the value of the face-to-face therapeutic process.

### **Medication**

As a psychological counselors, we are not physicians and cannot

prescribe or provide psychiatric medication. We can help you find a competent physician for a medication evaluation if necessary.

**Professional Inquiries:**

Communications regarding ethical standards or professional quality may be addressed to the state professional organization of your therapist or to the Bureau of Professional and Occupational Affairs, P.O. Box 2649, Harrisburg, PA 17120-2649.

**Consultation**

Dr. Kluff is a psychiatrist whom Dr. Griffin-Shelley uses as a professional consultant to improve the quality of the treatment that we provide. He may discuss your situation on occasion with Dr. Kluff. Case discussions are confidential. Individuals are not identified by name and your identity is intentionally disguised so that you remain anonymous