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COUNSELING INFORMATION, FEES and GUIDELINES

Counseling is a collaborative endeavor requiring mutual commitment and participation. It involves a willingness to look again with fresh eyes at yourself, your relationships, and the world you live in. It can provide opportunities for significant growth, internal change and evolution. I view personal pain, emotional struggles and other difficulties as an inevitable, normal and necessary part of the human drive for psychological wholeness and connection. In this work you will be asked to practice and develop the following:

- an on-going capacity to feel, identify, describe, and express important aspects of yourself;
- the ability to be curious about your own and other people's inner experience;
- the ability to regulate your emotional experience on your own and with others; and
- the ability to understand, manage and choose your reactions and behaviors.

These are difficult skills, which require courage and perseverance to practice. With this in mind, I will share experience, tools and ground rules that enhance emotional safety.

I offer the following information with a commitment to clarity and to create conscious agreements in our shared venture. It is designed to provide broad guidelines to our collaboration, as well as, to address specific situations should they arise. Please review and sign below only when all is clear and agreeable to you. I welcome your response and questions and sincerely invite you to discuss them with me in person or over the phone at (707) 585-2334.

Confidentiality: Strict confidentiality applies to information you share with me in session or phone contact except where limited by law. In the event I believe you may harm yourself or another, or if I learn of the occurrence of child or elder abuse, I am required by law to make a formal report to the appropriate agencies. If you wish me to exchange or provide information to others concerning your well being, I will need a written release of information signed by you.

Fees: I offer a sliding scale from \$90 - \$200 per hour session for couples and families. Your set fee on this scale will be determined and agreed upon prior to commencement of therapy. Longer sessions are available by arrangement and are pro-rated based on the agreed upon fee. Payment is due at the beginning of each session unless prior arrangements have been made. I keep records of your account and provide billing receipts upon request.

Punctuality: If you are late and I haven't received a message from you, I will wait for 15 minutes before assuming you are not keeping the appointment. Otherwise, we will proceed

when you arrive and will end at our usual time. I try hard to be on time, however, in the event that I am delayed, I ask that you extend to me the same 15-minute waiting period.

Canceled/missed appointments: Please give 24 hours notice if you need to cancel a session. If you are unable to keep an appointment without 24 hours notice, the usual fee will be charged except in the case of an extreme emergency. Extreme emergencies refer to and include natural disasters or when life or limb is at stake. Car failure, traffic jams, detainment at work, childcare or other family responsibilities do not constitute extreme emergencies for the purpose of this policy.

Phone calls: If you need to reach me, please leave me a message at (707) 585-2334. I check my messages regularly and will return your call as soon as I can within the same business day, or if on a weekend, I will call the following business day. However, I do not offer 24-hour crises services. If such emergency services are needed and I am unavailable please contact (707) 576-8181, Sonoma County 24 hour psychiatric emergency services.

Conclusion: The length of time we will work together depends upon your goals, life situations and pace of our work. You are ultimately the best judge of when that process is complete enough to end counseling, yet it is often a mutual decision. Concluding our work or taking a break is most productive when done with clear purpose. Sometimes a well-considered break is useful to integrate change that may allow additional work later. I've found it very beneficial to have one to two sessions to focus on the temporary cessation or conclusion of our work. I've also found it very beneficial to devote at least 3 sessions to attend to the ending of a long-term counseling relationship (over 6 months).

My signature indicates that I have read, understood and agree to both sides of this document:

Client signature

Date

Therapist signature

Date