



Patricia Worthey Ph.D. P.S.

Washington State Psychologist License #1812

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 (206) 669-4328

Adult / Couple Outpatient Services Contract

(If you are seeking treatment as a couple, please have each partner fill out this form and the Adult Client History Form:)

Name _____		M/F _____	Date _____	
Birth Date: _____		Age: _____		
Address _____				
Street	City	State	Zip Code	
Cell Phone (____) _____		Home Phone (____) _____		
Work Phone (____) _____		Email _____		
Occupation _____		Place of Employment _____		
Social Security # _____		Driver's License # _____		

Briefly explain your reason for seeking treatment at this time:

How were you referred to Dr. Worthey? _____

INSURANCE: You have the right to choose whether or not to utilize your insurance benefits.
 I choose to use my insurance benefits. YES _____ NO _____ (please initial)

Please bring your insurance cards with you for me to copy. Please list the information here as well because sometimes the insurance numbers on the insurance cards do not copy well:

PRIMARY Insurance Co.	Subscriber's Name & Date of Birth	Insurance ID # (See Ins. Card)	Group # (See Ins. Card)

If you have secondary insurance, please list it here:

SECONDARY Insurance Co.	Subscriber's Name & Date of Birth	Insurance ID # (See Ins. Card)	Group # (See Ins. Card)

Name of Spouse or Partner (if applicable) _____

Address _____
Street City State Zip Code

Cell Phone (____) _____ Home Phone (____) _____

Work Phone (____) _____ Email _____

Occupation of Partner _____ Place of Employment: _____

Emergency Contact Person _____ Phone Number _____

INSURANCE & THIRD-PARTY PAYERS:

Dr. Worthey will bill your insurance plan or third-party payer. You are responsible for obtaining prior authorization for treatment from your insurance carrier or third-party payers. You are also responsible for co-payments and deductibles according to your benefit plan, due at the time of each appointment, and to advise Dr. Worthey of any changes in your insurance or other benefit plans. There is no guarantee your insurance company will pay for your sessions, and you are responsible for your bill whether or not your insurance pays. Some insurance companies may require exceptions to this based on our contract with them. Non-covered services (e.g. extended sessions, travel expenses, telephone calls, etc.) will be your responsibility. You should also be aware that your contract with your health insurance company requires information relevant to the services provided to you. In addition to requiring a clinical diagnosis, sometimes your health insurance company will request additional clinical information such as treatment plans or summaries, or copies of your entire Clinical Record. In such situations, I will make every effort to release only the minimum information about you that is necessary for the purpose requested and communicate with you what information is being sent.

Name of Person Responsible for Bill or Insurance: (If this is different from the client:)

_____ **Relationship to Client** _____

Address _____
Street City State Zip Code

Cell Phone (____) _____ Home Phone (____) _____

Work phone (____) _____ Date of Birth: _____

If I use my insurance, I agree to provide a copy of the primary and/or secondary insurance cards for billing purposes. My signature below authorizes the release of any medical or other information necessary to process this claim. I hereby assign payment of insurance benefits directly to Patricia A. Worthey Ph.D. P.S.

Signature _____ Date _____

PSYCHOLOGICAL SERVICES PROVIDED

Welcome to your first visit and congratulations on your decision to seek therapy. It is not easy for anyone to take a hard look at his/her life and decide to make important and potentially difficult life changes. Sometimes just deciding to make an appointment is an important first step. Therapy is not easy; it takes hard work and courage. I am committed to helping you work toward wellness, healthy growth, and change.

I view therapy as a collaborative experience between client and therapist to promote self-discovery, learning, and healing. The key to successful therapy is providing a safe place where you can explore your thoughts, feelings, and behaviors in a compassionate and non-judgmental atmosphere. Work is often accomplished through reflection and skill building in areas such as establishing clear communication, setting safe personal boundaries, and developing an action plans to address treatment issues. Subsequently, we can work on helping you to develop and practice healthier thought and behavior patterns and adaptive ways of coping. The first 2-3 sessions or your therapy will involve a comprehensive assessment of your needs and developing individually tailored treatment goals with you. During this time, we can both decide if I am the best person to provide the services you need in order to meet your treatment goals. Therapy usually consists of 45-minute sessions weekly or every other week or as needed.

ABOUT DR. PATRICIA WORTHEY

I have been practicing as a psychologist in private practice for the past 20 years. I treat children, adolescents, adults, couples, and families experiencing a wide range of psychological issues, working to maintain hope and determination in the face of what sometimes appear to be overwhelming problems. Areas of practice for which I treat adults and couples include anxiety, depression, obsessions and compulsions, panic, social anxiety, attention issues, GLBT issues, grief, divorce, trauma, abuse, as well as others. I practice a bio-psycho-social approach to treatment, drawing from current research-based theoretical frameworks which may include, but are not limited to: Cognitive-Behavioral Theory, Psychodynamic Theory, Behavioral Therapy, Gottman Marital Therapy, and Emotionally-Focused Therapy. I received my doctorate in Clinical Psychology from the University of Virginia in 1992, completed my internship at the Des Moines Child & Adolescent Guidance Center in 1991, and became professionally licensed in Washington State as a Psychologist in 1994. I am a member of the American Psychological Association and a Certified Gottman Therapist with the Gottman Relationship Institute.

FINANCIAL INFORMATION

This Adult / Couple Outpatient Services Contract contains important information about my professional services and business policies. When you sign this document, it will also represent a legally binding client-therapist agreement contract. You may revoke this Agreement in writing at any time. That revocation will be binding unless there are obligations imposed by your health insurer in order to process claims made under your policy, or if you have not satisfied any financial obligations which you have incurred.

FEES: The initial session, or diagnostic interview, charge is \$190.00. The Individual therapy charge is \$150.00. Family and Couples therapy sessions are \$160.00. Insurance or third party payers will be billed at your request. See section below. Fees will be charged and pro-rated

hourly for emergency calls and consultations, phone calls, travel expenses, reports and consultations with attorneys, doctors, and other professionals. Psychological testing fees vary according to the time and materials needed.

PAYMENT: Fees for service are due at the time the service is provided. Full payment is expected with your first session, unless your insurance specifies otherwise. Co-payment is required at each session. Please be sure to make all checks and money orders payable to Dr. Patricia Worthey. Checks returned by your bank for non-sufficient funds will result in a \$30 NSF check fee. If no payment has been made on accounts over 90 days, the account will be sent out of the office for further collection. This will require that otherwise confidential information be disclosed to the collection agency, such as name and address, billing information, the nature of services provided, and the amount due.

MISSED OR CANCELLED APPOINTMENTS: My office requires 24 hours advance notice on a weekday or 48 hours advance notice on a Monday or weekend to cancel an appointment without charge. My confidential voicemail is available to take your message, seven days a week, twenty-four hours a day. Your account will be charged the full fee for a missed appointment or an appointment cancelled without the required advance notice. Please note that the full charge is your responsibility; insurance carriers will not cover any portion of this charge.

EMERGENCIES

In case of an emergency, don't hesitate to call 911. If you need to speak with me, please call my voicemail at **(206) 669-4328** and leave a message. I will attempt to call back within four hours. If you need immediate assistance, or in case I am out of town and I do not call back within four hours, please call 911 or Snohomish County Care Clinic at **(425) 258-4357** or King County Crisis Line at **(206) 461-3222**. You can also go to the nearest Emergency Room at your local hospital.

LIMITS OF CONFIDENTIALITY

To more fully understand the area of limits on Client Confidentiality, please reference and print out the form located on my website at www.drpatworthey.com - "Notice of Psychologists' Policies and Practices to Protect the Privacy of Your Health Information." This is from the Federal HIPAA (Health Insurance Portability and Accountability Act), which sets national standards for protection of confidentiality and electronic transmission of records.

Contents of all therapy sessions, both verbal information and written records, are considered to be confidential. The law protects the privacy of all communications between a patient and a psychologist. In most situations, information about your child or adolescent's treatment can be released to others only if you sign a written *Release of Information* Form. However, there are some extenuating circumstances in which confidential information may be required to be released, according to state or federal law or as a mandated reporter. Noted exceptions are as follows and outlined in the HIPAA document on my website: Abuse of Children and Vulnerable Adults, Prenatal Exposure to Controlled Substances, Professional Duty to Warn and Protect if a plan has been disclosed to harm oneself or another person, Releasing Minor's Records to Parents, Responding to a subpoena or court proceedings, Worker's Compensation Claims, lawsuits or complaints against a therapist, disclosure to other health care providers, insurance companies and Collections.

PATIENT RIGHTS

Please reference and print out the pamphlet located on my website at www.drpatworthey.com - "*Notice of Psychologists' Policies and Practices to Protect the Privacy of Your Health Information.*" Among many patient rights listed in that pamphlet, the following are important:

- You have the right and responsibility to be informed about your treatment; it is appropriate to raise questions about your therapist's training, his/her therapeutic approach and your progress.
- You have a right and responsibility to choose a treatment provider who best suits your needs.
- You have the right to request a change of therapy, referral to another therapist or to discontinue therapy;

The licensing board exists to ensure the public that a psychologist is competent and ethical. Complaints regarding professional and/or ethical issues can be made by contacting the Department of Health, Examining Board of Psychology, PO Box 47869, Olympia, WA 98504-7869, telephone, (360) 236-4910.

GOTTMAN COUPLES THERAPY

I work with couples to help partners connect more deeply and compassionately, manage conflict better, and honor everyday dreams. I believe each partner has a story that needs to be heard. I help couples build trust and security to "have each other's back." Common referral issues include intense fighting, affairs, separations, gridlocked problems, deep hurts, parenting struggles, financial difficulties, and feeling disconnected. I draw treatment strategies from the two most effective couple therapies, the Gottman Method and Emotionally Focused Couples Therapy.

INFORMED CONSENT FOR TREATMENT and Agreement of terms

I hereby give my informed consent for psychological treatment services to be provided by Dr. Patricia Worthey to myself, my family, and my child or adolescent. I have carefully read and reviewed copies of both documents listed below and agree to abide by the terms and provisions delineated therein. I give my full informed consent to receive assessment and/or treatment services from Dr. Worthey. A photocopy of this form and signature shall be considered as valid as the original.

- I have read the HIPPA pamphlet, "*Notice of Psychologists' Policies and Practices to Protect the Privacy of Your Health Information*", and agree to the terms within.
- I have read and reviewed this document, "*Adult or Couple Outpatient Services Contract*" and agree to the terms within.

Client Signature

Date

Other legally authorized representative if applicable:

Date