



# RACHEL BENSON

LCSW

**Rachel Benson, Licensed Clinical Social Worker, Inc.  
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(714) 468-3685**

A positive relationship between a client and therapist is essential for therapy to work. As in all relationships, clearly defining the terms of the relationship at the outset will lay the foundation for a successful therapeutic experience — one built upon trust and understanding. Please take a moment to read and sign the following, and return it with your information sheet. The second copy is provided for you to take home for your reference.

## **About Therapy**

Participating in therapy can help you learn new and important things about yourself and others, as well as new and better ways of handling feelings or problems. While there are no guarantees, coming to therapy should help you feel better and produce beneficial results.

Choosing a therapist is a personal process, and finding an effective match between the client and therapist is not always immediately evident. It is suggested that we meet for approximately six sessions and then re-evaluate. If either you or I should decide that this is not a good match we will together make plans to terminate therapy, at which time I will offer an appropriate number of other referrals should you desire them.

You know therapy is working when you feel less worried, afraid or anxious; problems are being resolved; relationships are improving or you come to feel better about yourself. Sometimes you may feel worse before you feel better. This is a part of the therapeutic process and usually means that you are making progress. You have the right to end therapy at any time, and you have the right to seek alternative ways of meeting your goals such as medication should you choose.

## **Appointments & Fees**

The fee for services (\$120 per 55-min. individual session, \$150 per 55-min. couples/family session) was discussed prior to our initial session. Payment is due by cash, check, or credit card at the close of each session. So that we do not use valuable time from your session, if paying by check, please have your check made out in advance to Rachel Benson. In order to cover bank fees, there will be a service charge of \$25.00 on any returned check. All fees are subject to increase; however, should that occur you will be given 30 days advance notice of the increase.

Individual appointments consist of 55-min. sessions. In order to be effective, therapy needs to take place on a regular basis. The best results will occur when appointments are scheduled consistently and attendance is regular. I have a 24 hour cancellation policy, or else you will be charged for your missed appointment. Please respect and understand that you pay for your time slot and will be charged if you miss it without a 24 hour notice.

## **Telephone Calls**

When necessary I will be available to consult with you by phone. Should the consultation extend beyond 10 minutes you will be given the option to continue the phone consultation (time permitting) and pay a prorated portion of your usual hourly rate, or you may choose to schedule an additional session. Please note that I do not carry a pager, but check messages frequently and generally return calls by the end of the day. Please note that if you feel like a situation is an emergency, or that you or somebody else is unsafe, please do not wait for me to call back. Contact 911 to resolve the immediate situation, and know that I will contact you as soon as I can.

## Confidentiality

You are entitled to a confidential relationship with your therapist. As such your therapy sessions are private, and the content of those sessions will be held in the strictest of confidence and will not be shared with anyone without your written consent. Please know, however, that there are a few important exceptions to confidentiality, which you must know about. The following are the legal exceptions to confidentiality:

1. Suspected physical or sexual abuse or neglect of a minor under 18 years of age.
2. Suspected physical, sexual, or financial abuse or neglect of an elder or dependent adult.
3. A client who poses a significant threat of harm to self or others

## Termination

There is no set amount of time it takes to complete therapy as everybody moves through their work at their own pace, having differing needs and goals. Typically, as it becomes evident that you have met your goals of therapy and you are satisfied with how far you have gone in therapy, we will begin to discuss termination. At that time we will make a plan together which may include tapering off sessions over a period of time and/or scheduling follow-up “check-in” sessions. Termination is an important part of the process where changes are reviewed and solidified and together we will bring the journey to a comfortable close.

If for some reason you should decide to end therapy without going through a planned termination, I ask that you agree to come into the office for at least one final session so that we can discuss your decision, and reach closure of our relationship.

Thank you for taking the time to review this consent and information form. Should you have any questions about anything in this agreement you are encouraged to discuss them with me in session. I look forward to developing a trusting and healing therapeutic relationship with you.

Sincerely,

Rachel Benson, LCSW

I have read and understand and agree to all of the terms and conditions stated above regarding therapy. I understand that I am responsible for all charges for services, and agree to pay for services under the terms described above. I hereby give my consent for treatment under the above terms.

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Client Signature	Date	Printed Name
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Parent/Guardian Signature (if client is a minor)	Date	Printed Name
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Parent/Guardian Signature (if client is a minor)	Date	Printed Name
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