

NORTHERN VIRGINIA INTEGRATIVE THERAPY CENTER

Informed Consent Agreement

The best relationships are those that are built on respect and understanding. Our informed consent agreement gives you understanding as to our responsibilities as a therapist/healthcare practitioner and your responsibilities as a client.

Professional Statement

People seeking counseling want to better their lives. They are people who realize their personal, relational, family or professional life could be better. They have chosen counseling as a way to improve mood states, change unwanted behavioral patterns, resolve issues, work on relationship conflict or improve their relationships and increase self- understanding. Counseling is a safe place to explore your thoughts, feelings and issues, and receive professional support from a third person. Often people gain a new perspective of themselves and their situation, and develop skills and tools for enhancing communicating, dealing with specific issues and discovering a way towards a happier, healthier and more fulfilling life.

Therapeutic Services Are Provided By:

Licensed Professional Counselors, Licensed Marriage and Family Therapists and Resident Therapist.

Wellness Services Provide By:

Integrative Health Coaches, Yoga Teachers, Pastoral Counselors

Professional Fees, Payment & Insurance Questions

Fees are expected to be paid at the time of your session. We accept check, cash, and on a limited basis, credit cards. Rates are posted on the professional fee handout.

We are fee for service, and do not participate with insurance companies. If you have a PPO insurance plan, your insurance company will reimburse you for a % of your counseling fee. Some wellness services are now covered by insurance companies. Call your company and ask for more information about behavioral healthcare and wellness service reimbursement.

Attendance

For counseling to be beneficial and for you to be successful in meeting your goals, consistent attendance is essential. Counseling and psychotherapy begin on a weekly basis, and over time, with your progress, sessions are scheduled twice a month. Length of counseling varies from client to client and depends on the reason for coming to counseling as well as the desired goals. Most people are in counseling for 6 to 12 months. However, some are in counseling for a couple of months, and others, for a couple of years. Groups are held on a term basis, anywhere from 8 to 12 weeks and are run weekly.

