



# Woodlands Family Institute, P.C.

## PERSONAL DATA RECORD

Client Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

SSN: \_\_\_\_\_ TXDL: \_\_\_\_\_

Employer/School: \_\_\_\_\_

Referred to Our Office by: \_\_\_\_\_

May we send a Thank You card to the person who referred you? (Circle One) Yes No

May we mention your name in that Thank You card? (Circle One) Yes No

## INSURANCE INFORMATION

Insured Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Relationship to Client \_\_\_\_\_

Insured's Employer \_\_\_\_\_

Insured's SSN \_\_\_\_\_ Insurance Co. \_\_\_\_\_

Policy No.: \_\_\_\_\_ Group No. \_\_\_\_\_

Insurance Co. Address: \_\_\_\_\_

Insurance Co. Phone \_\_\_\_\_

**If you would like us to auto-charge your credit card for your fee or copayment, please complete the authorization information below:**

MC/Visa No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as Listed on Card: \_\_\_\_\_

Signature of Authorized User: \_\_\_\_\_

## EMERGENCY CONTACT

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address/Phone: \_\_\_\_\_

## FINANCIAL RESPONSIBILITY

Name of person(s) financially responsible for this account: \_\_\_\_\_

Address(es): \_\_\_\_\_

Signature(s): \_\_\_\_\_

Relationship(s) to client: \_\_\_\_\_



# Woodlands Family Institute, P.C.

## Consent for Treatment

Client Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

I give full consent for myself or my child/adolescent to receive outpatient mental health services until I notify WFI of any changes or until it is determined that treatment is no longer necessary. I certify that I have the legal right to seek and authorize treatment for myself or my child/adolescent.

\_\_\_\_\_  
Authorized Signature

\_\_\_\_\_  
Date

## Authorization to Pay Benefits

I request that payment of authorized insurance benefits be made on my behalf to Woodlands Family Institute, P.C. for professional services rendered to me or my dependent. The undersigned is financially responsible for fees not paid pursuant to this agreement. I authorize any holder release of medical information as may be required for the completion of my claims. A photocopy of this authorization shall be considered as effective and valid as the original.

Signature of client: \_\_\_\_\_

Signature of insured: \_\_\_\_\_

Date: \_\_\_\_\_

**Woodlands Family Institute, P.C.**  
Mary Thory, LPC, Intern

**Information & Consent**

We are honored that you have selected the Woodlands Family Institute to provide counseling or psychological services. All of us wish to do our best to assist you in making this experience meaningful and fruitful. This document is designed to inform you about my background and to ensure that you understand our professional relationship.

I have a master's degree in Child Development and Family Studies and have worked with children and adults in many different capacities. I also have a master's degree in counseling and am recognized by the state of Texas as a Licensed Professional Counselor-Intern. My expertise includes child, adolescent, adult, family and group counseling.

I believe clients have the capacity to resolve their own problems and make their own decisions with my assistance as a facilitator. I view the therapeutic relationship as a collaboration between my client and myself. Together clients and I work toward goals that are set together. Some clients need only a few counseling sessions to achieve their goals, while others may need months or even longer. As a client you maintain control of yourself and may end our counseling relationship at any point. I will be supportive of that decision. If counseling is successful, you should feel you are able to face life's challenges without the support or intervention of a counselor and you should feel a sense of success in satisfactorily resolving your problem(s).

My expectations of my clients are to keep scheduled appointments, be forthright about issues and goals and take an active and engaging role in the process.

Although our sessions may be very intimate psychologically, it is important for you to realize that we have a professional relationship rather than a social one. Our contact will be limited to the sessions you arrange with me. It may be confusing or counter-productive for me to accept gifts or be invited to social gatherings. You are best served by experiencing me in my professional role.

I believe that everyone is doing the best they can with what they have available to them. Life throws us all kinds of challenges, but the only thing we really have control over is our own thoughts and behaviors. Through both professional and personal experiences I have found that our thoughts guide our emotions which then guide our behavior. Because of these beliefs, I work mainly with Cognitive-Behavioral Therapy, but also use a mixture of therapeutic techniques to meet the individual needs of my clients. The strategies I use are aimed at cognitive restructuring, and behavioral changes, but also with the exploration and understanding of emotions. I use strategies such as reinforcement and support, problem solving, thought stopping, reframing, systematic decision making, questioning, journaling, role playing, focusing on the positive,

## Information & Consent, cont.

relaxation and occasionally homework. I use other approaches when deemed appropriate for the client(s).

I will keep confident the things you tell me with the following exceptions: (a) you direct me to tell someone else, and I agree to do so, (b) I decide you are a danger to yourself or others, (c) I am ordered by court to disclose information, (d) you disclose abuse of a child, or disabled or elderly person, (e) in a previous therapeutic relationship, your counselor sexually exploited you, (f) you are under 18, your parents or legal guardian(s) may have access to your records and may authorize their release to other parties, (g) other reason as specified in laws of this state. A written record of our counseling sessions will be maintained by me.

I assure you that our work will be conducted in a conscientious manner consistent with accepted ethical standards. Please note that it is not possible to guarantee any specific results regarding your goals. However, together we will work to achieve the best possible results.

Unless children are seen in the context of treatment I request that you make alternative childcare arrangements during your sessions so that our full attention can be devoted to your priorities.

I respectfully request that your cell phone be turned off during your session.

Having read the policies described above, I agree to all professional policies, agree to meet all financial obligations and agree that this contract replaces any earlier contracts. Additionally, I understand that there can be no absolute guarantee of cure in the practice of counseling.

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Client's or Parent's/Guardian's Signature

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Date

Woodlands Family Institute, P.C.  
Mary Thory, LPC-Intern

Office Policies

1. \_\_\_\_\_ **Initial:**

**Fees Schedule:** All fees for services are due at the time of the appointment. For payment, please see the office staff prior to each appointment. Follow-up appointments will not be honored if your account is overdue. If an outstanding balance accrues, you will be billed on the first of the month and assessed a 2% finance charge, compounded monthly. There is a \$10.00 rebilling fee for every statement sent out after the first billing. There is also a \$25.00 fee for each check returned for insufficient funds. After 90 days with not payments or effort

to

arrange payment, accounts will be turned over to a collection agency and will impact your credit rating.

**Session Fee:** \$100.00 (50 minute duration)

**Miscellaneous:** Charges for other professional services are prorated on the basis of \$100.00 per hour, 15 minute increments. These services include, but are not limited to, phone calls, insurance reports, third-party consultations and correspondence. Off-site consultation is prorated at the rate of \$100.00 per hour, "portal to portal", that is, for the time I am out of the office on your behalf.

**Legal Testimony:** Please be advised that I **do not** provide consultation, evaluation or legal expert testimony in child custody, child visitation or molestation cases. Similarly, I do not consider my practice to include expert testimonials. However, should my opinion be so ordered, fees will be charged at the rate of \$500.00 per hour, portal to portal. This fee will apply as well to depositions or interrogatories. All fees of this nature are **payable in advance.**

2. \_\_\_\_\_ **Initial:**

**Cancellations:** The scheduling of an appointment involves the reservation of time specifically for you. Therefore, 24 hours cancellation notice is required so that there will be no charge to your account. **PLEASE CALL THE OFFICE TO CANCEL AN APPOINTMENT. EMAIL IS NOT MONITORED FOR CANCELLATIONS.** If you are not able to meet this time schedule, but we are able to assign you appointment time to another client, you will not be charged.



## Woodlands Family Institute, P.C.

### OFFICE POLICIES

**PAYMENT FOR SERVICES:** Clients are expected to pay for services at the time they are rendered unless other arrangements have been made. Please notify us if any problem arises during the course of your therapy regarding your ability to make timely payment. Failure to keep your account current may result in legal or collection agency intervention, which could adversely affect your credit rating. A fee of \$15 will be assessed for returned checks.

**INSURANCE REIMBURSEMENT:** Clients who carry insurance should remember that professional services are rendered and charged to the client and not to the insurance company. We will provide you with a receipt, which you can submit to your insurance company for reimbursement. If arrangements have been made, we will submit claims, to **your primary carrier only, on your behalf, however; the entire fee for service remains the responsibility of the client, including any portion not reimbursed by insurance.**

**CANCELLATION:** Since the scheduling of an appointment involves the reservation of time specifically for you, a minimum of 24 hours notice is required for rescheduling or cancellation of an appointment. The full fee will be charged for missed sessions without such notification.

**CONFIDENTIALITY:** All information disclosed within sessions is confidential and may not be revealed to anyone without written permission except where disclosure is required by law. Disclosure may be required in the circumstances where there is reasonable suspicion of child or elder abuse and where there is reasonable suspicion that the client is likely to harm himself/herself unless protective measures are taken. Disclosure may also be required pursuant to a legal proceeding.

**AFTER HOURS EMERGENCY PROCEDURE:** If a true emergency arises, please contact our answering service @ 713-866-4494, inform the operator that you have an emergency, and request that your therapist be contacted immediately.

**CHILDREN** can be joyful and energetic, but with respect to the concerns which brought you along with our other clients to us, we request that you obtain a sitter for children not receiving treatment so that our full attention can be devoted to your priorities.

We respectfully request that **CELL PHONES** be turned off during your sessions.



## Woodlands Family Institute, P.C.

Managed Health Care plans such as HMOs and PPOs often require authorization before they provide reimbursement for mental health services. Under these plans, it may be necessary to seek approval for more sessions periodically. You should also be aware that contracts with health insurance companies generally require that we provide them with information relevant to the services you are being provided. We are usually required to provide a clinical diagnosis. Sometimes, additional clinical information such as treatment plans or summaries is also required. In such situations, we make every effort to release only the minimum information about you that is necessary for the purpose requested. This information will become part of the insurance company files and will probably be stored in a computer. Though all insurance companies claim to keep such information confidential, we have no control over its use. In some cases, they may share the information with a national medical information databank. We will provide you with a copy of any report we submit, if you request it. It is important to remember that you always have the right to pay for services yourself to avoid the problems described above.

***\*\*PRIVATE-PAY CLIENTS PLEASE NOTE!!!! It is advisable for you to contact your carrier to verify the network status of your therapist before your first appointment! If at a later date it is determined that your therapist is indeed a participating provider on your policy and you have not provided our office with sufficient carrier identification information; you will not be refunded the difference between our normal fees and any reduced contracted fees that may apply to your policy!!!\*\****

**Confidentiality:** The law protects the privacy of all communications between a client and psychotherapist. In most situations, we can only release information about your treatment to others if you sign a written Authorization form that meets certain legal requirements imposed by federal and state law. There are other situations that require only that you provide written, advance general consent. Your signature on our Acknowledgment form provides consent for those activities, as follows:

You should be aware that we practice with other mental health professionals and utilize administrative staff. In most cases, some protected information must be shared with these individuals for both clinical and administrative purposes, such as scheduling, billing and quality assurance. Occasionally, it is helpful to consult other health and mental health professionals about a client. During a consultation, every effort is made to avoid revealing a client's identity. Any other professionals consulted are also legally bound to keep the information confidential. These consultations are very commonplace and routine and may not ordinarily be mentioned in our sessions unless it seems important to our work together. If you would prefer to handle this differently, please let us know. All administrative staff members have been given training about protecting your privacy and have agreed not to release any information outside of the practice without the permission of a professional staff member.

We also have contracts with some business services, such as the answering service, electronic claims processing services, and managed care organizations. As required by federal law, we have formal business associate contracts with these businesses, in which they promise to maintain the confidentiality of this data except as specifically allowed in the contract or otherwise required by law. Details of these contracts are available on request.



# Woodlands Family Institute, P.C.

## Notice of Policies and Practices to Protect the Privacy of Your Health Information

THIS NOTICE DESCRIBES HOW PSYCHOLOGICAL AND MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

### I. Uses and Disclosures for Treatment, Payment, and Health Care Operations

Woodlands Family Institute (WFI) may use or disclose your protected health information (PHI), for treatment, payment, and health care operations purposes with your general consent. To help clarify these terms, here are some definitions:

- “PHI” refers to information in your health record that could identify you.
- “Treatment, Payment and Health Care Operations”  
*Treatment* is when we provide, coordinate or manage your health care and other services related to your health care. An example of treatment would be when I consult with another health care provider, such as your family physician or a colleague.  
*Payment* is when we obtain reimbursement for your healthcare. Examples of payment are when we disclose your PHI to your health insurer to obtain reimbursement for your health care or to determine eligibility or coverage.  
*Health Care Operations* are activities that relate to the performance and operation of my practice. Examples of health care operations are quality assessment and improvement activities, business-related matters such as audits and administrative services, and case management and care coordination.
- “Use” applies only to activities within WFI such as utilizing information that identifies you.
- “Disclosure” applies to activities outside of WFI, such as releasing, transferring, or providing access to information about you to other parties.

### II. Uses and Disclosures Requiring Authorization

We may use or disclose PHI for purposes outside of treatment, payment, and health care operations when your appropriate authorization is obtained. An “authorization” is written permission above and beyond the general consent that permits only specific disclosures. In those instances when we are asked for information for purposes outside of treatment, payment and health care operations, we will obtain an authorization from you before releasing this information. We will also need to obtain an authorization before releasing your psychotherapy notes. “Psychotherapy notes” are notes we have made about our conversation regarding a private, group, joint, or family counseling session. These notes are given a greater degree of protection than PHI.

You may revoke all such authorizations (of PHI or psychotherapy notes) at any time, provided each revocation is in writing. You may not revoke an authorization to the extent that (1) we have relied on that authorization; or (2) if the authorization was obtained as a condition of obtaining insurance coverage, and the law provides the insurer the right to contest the claim under the policy.

### III. Uses and Disclosures with Neither Consent nor Authorization

We may use or disclose PHI without your consent or authorization in the following circumstances:

- **Child Abuse:** If we have cause to believe that a child has been, or may be, abused, neglected, or sexually abused, we must make a report of such within 48 hours to the Texas Department of Protective and Regulatory Services, the Texas Youth Commission, or to any local or state law enforcement agency.
- **Abuse of the Elderly and Disabled:** If we have cause to believe that an elderly or disabled person is in a state of abuse, neglect, or exploitation, we must immediately report such to the Department of Protective and Regulatory Services.
- **Sexual Misconduct by a therapist:** If you report to us any situation that constitutes sexual misconduct by a current or former therapist, then we are required to inform the licensing authority of the offending therapist.
- **Regulatory Oversight:** If a complaint is filed against a therapist with a regulatory authority, they have the authority to subpoena confidential mental health information relevant to that complaint.

- **Judicial or Administrative Proceedings:** If you are involved in a court proceeding and a request is made for information about your diagnosis and treatment and the records thereof, such information is privileged under state law, and we will not release information, without written authorization from you or your personal or legally appointed representative, or a court order. The privilege does not apply when you are being evaluated for a third party or where the evaluation is court ordered. You will be informed in advance if this is the case.
- **Serious Threat to Health or Safety:** If we determine that there is a probability of imminent physical injury by you to yourself or others, or there is a probability of immediate mental or emotional injury to you, we may disclose relevant confidential mental health information to medical or law enforcement personnel.
- **Worker's Compensation:** If you file a worker's compensation claim, we may disclose records relating to your diagnosis and treatment to your employer's insurance carrier.

#### **IV. Client's Rights and Our Professional Duties**

##### Client's Rights:

- *Right to Request Restrictions* – You have the right to request restrictions on certain uses and disclosures of protected health information about you. However, we are not required to agree to a restriction you request.
- *Right to Receive Confidential Communications by Alternative Means and at Alternative Locations* – You have the right to request and receive confidential communications of PHI by alternative means and at alternative locations. (For example, you may not want a family member to know that you are seeking our services. Upon your request, we will send bills or other correspondence to another address.)
- *Right to Inspect and Copy* – You have the right to inspect or obtain a copy (or both) of PHI and psychotherapy notes in my mental health and billing records used to make decisions about you for as long as the PHI is maintained in the record. We may deny your access to PHI under certain circumstances, but in some cases you may have this decision reviewed. On your request, we will discuss with you the details of the request and denial process.
- *Right to Amend* – You have the right to request an amendment of PHI for as long as the PHI is maintained in the record. We may deny your request. On your request, we will discuss with you the details of the amendment process.
- *Right to an Accounting* – You generally have the right to receive an accounting of disclosures of PHI for which you have neither provided consent nor authorization (as described in Section III of this Notice). On your request, we will discuss with you the details of the accounting process.
- *Right to a Paper Copy* – You have the right to obtain a paper copy of the notice from me upon request, even if you have agreed to receive the notice electronically.

##### Our Professional Duties:

- We are required by law to maintain the privacy of PHI and to provide you with a notice of our legal duties and privacy practices with respect to PHI.
- We reserve the right to change the privacy policies and practices described in this notice. Unless we notify you of such changes, however, we are required to abide by the terms currently in effect.
- If we revise our policies and procedures, we will post a current copy in our offices. A current copy will always be available on our web site and you may request a personal copy.

#### **V. Questions and Complaints**

If you have questions about this notice, disagree with a decision we make about access to your records, or have other concerns about your privacy rights, you may contact Mary Piehl, Office Manager, or your therapist at (281) 363-4220.

If you believe that your privacy rights have been violated and wish to file a complaint with our office, you may send your written complaint to Mary Piehl or your therapist at: 1610 Woodstead Ct., Suite 420, The Woodlands, TX 77380.

You may also send a written complaint to the Secretary of the U.S. Department of Health and Human Services. The person listed above can provide you with the appropriate address upon request.

You have specific rights under the Privacy Rule. We will not retaliate against you for exercising your right to file a complaint.

#### **VI. Effective Date, Restrictions and Changes to Privacy Policy**

This notice will go into effect on 3/28/2005. We reserve the right to change the terms of this notice and to make the new notice provisions effective for all PHI that we maintain. We will provide you with a revised notice in our lobby and on our web site. You may request a personal copy at any time.



# Woodlands Family Institute, P.C.

**Please indicate below how we may contact you and whether we can leave a message:**

- Home Phone      May we leave a message (Circle One)?    Yes    No
- Work Phone      May we leave a message (Circle One)?    Yes    No
- Cell Phone      May we leave a message (Circle One)?    Yes    No
- Unencrypted (normal) email (address): \_\_\_\_\_

If you would like us to use an address other than your home address for billing and other correspondence, please provide an alternative address below.

Other (Specify) \_\_\_\_\_

**You may change the above instructions at any time by requesting another one of these forms or otherwise instructing us in writing.**

## ACKNOWLEDGEMENT

I have been provided a copy of the **Notice of Policies and Practices to Protect the Privacy of Your Health Information** and the **Office Information and Office Policies**. I understand and accept those policies and practices. WFI is hereby granted consent to contact me as specified above, and for the use and disclosure of my health information as described in those policies for Treatment, Payment and Health Care Operations.

\_\_\_\_\_  
Client or Authorized Representative Signature Date

Refused to Sign

Unable to Sign (Specify Reason) \_\_\_\_\_

\_\_\_\_\_  
Signature of Person Documenting Refusal or Inability to Sign Date