



CHRIS PULLEYN  
LMFT

## PSYCHOTHERAPY DISCLOSURE STATEMENT

Welcome to my practice. I believe that therapy works best when we are as clear as possible with each other about our expectations. Accordingly, here is some information on our mutual responsibilities as we begin to work together. If you have any questions or concerns about the information below, please bring them up at our first session.

### *My responsibilities as your therapist.*

Confidentiality is an absolute right of therapy. I can't and won't tell anyone else what you have told me, or even that you are in therapy with me, without your prior written permission. The only exceptions to this are 1) if you are in imminent danger of harming yourself or someone else, or 2) if a child is being abused or neglected by you or someone you tell me about. In these cases I will call the appropriate authorities after informing you that I will do so.

If you are in couples counseling with me there may come a time when I will want to meet with each of you individually. In that case, what you say in those individual sessions may and probably will be discussed in our joint sessions. Please don't tell me anything that you want kept secret from your partner. I will remind you of this policy before beginning an individual session.

I will keep very brief records of our sessions, noting what happened in session and what general topics we discussed. You have a right to these records at any time and you may request that I correct errors in my file. If you prefer that I don't keep notes, please make this request in writing and I will keep it in your file, only noting that you attended therapy on certain dates.

At the beginning of therapy we will discuss goals: what you want out of therapy and how you would define "success." You have a right to ask questions about anything that happens in therapy. I'm always willing to discuss our work together and consider alternatives that you think might work better. If you decide that I'm not the right therapist for you, you are free to leave therapy at any time. Likewise, if I determine that your needs would best be served by another therapist or another form of treatment, I can provide referrals to other forms of care.

### *Your responsibilities as my client.*

You are responsible for coming to your sessions on time. If you're late, we will end on time and not run over into the next person's session. If you cancel a session less than 24 hours in advance, you must pay for that session at our next scheduled session. The only exception to this will be serious illness or a weather emergency when the roads and/or schools are closed.

You are responsible for paying for each session at the session itself. I accept cash, checks, and major credit cards; I do not take insurance. My fee for a 50-minute session is \$100; however, if that is not affordable for you, ask me about my sliding scale based on household income. If we decide to meet for a longer session, the fee will be prorated accordingly.

If you're unhappy with what's happening in therapy, please talk to me about it so that I can respond to your concerns. Your feedback is always appreciated, whether negative or (hopefully) positive.