

SARA MILMOE COUNSELING AND RECOVERY SERVICES

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Standard Practice Policies

Scope of practice:

Therapeutic services in this practice encompass a broad range of training, educational and professional experience. This includes Cognitive Behavioral Therapy, Motivational Interviewing and Addiction Education and Relapse Prevention. Additional approaches may be utilized to support the goals of treatment for individuals as needed.

Fee schedule:

- ❖ Standard Psychotherapy sessions are \$125.00 to 200.00 for 50 minutes depending on income and ability to pay.
- ❖ Telephone contact that exceeds 10 minutes and/or is after hours is prorated by time spent in accordance with regular hourly session rate.
- ❖ Collateral contact with other professionals or agencies (including report writing, transmission, and consultation) is prorated by time spent in accordance with standard hourly rate.

Please note: Insurance is no longer accepted.

Full payment is expected at time of service and made by Credit card to be kept on file, see attached credit card authorization form. Invoices provided by request only.

Duration of therapy:

The duration of therapy is specific to the individual client(s) and their circumstances. Therapeutic relationships can last months and, in some cases, years. The duration of therapy will be discussed with each client initially and throughout the relationship based on the goals identified by the client(s) and therapist collaboratively. The therapeutic relationship can encompass regularly scheduled psychotherapy sessions, intermittent sessions, and phone consultation and/or video psychotherapy sessions.

There is a 24-hour cancellation policy. Any appointments that cannot be kept must be cancelled 24 hours prior to appointment or you will be charged the full hourly rate for the missed session.

I have received a copy of this and have read the preceding information. I understand and accept the policies outlined.

Client Signature

Printed Name

Date

Please send completed forms to:

Sara Milmoe Counseling and Recovery Services

1650 38th St. Boulder Healing Hub, Suite 100E, Boulder, Co 80301-2624

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