

Dr. Linda Collings, Ph.D., MP 215 St. Ann Drive, Suite 2 Mandeville, La 70471 Phone (985) 951-2250 Fax (985) 951-2253

Notice of Psychologist's 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. Disclosures for Treatment, Payment, and Health Care Operations

I may use or disclose your protected health information (PHI), for certain treatment, payment, and health care operations purposes without your authorization. In certain circumstances I can only do so when the person or business requesting your PHI gives me a written request that includes certain promises regarding protecting the confidentiality of your PHI.

To help clarify these terms, here are some definitions:

- "PHI" refers to information in your health record that could identify you.
- "Treatment and Payment Operations"
- Treatment is when I provide or another healthcare provider diagnoses or treats you. An example of treatment would be when I consult with another health care provider, such as your family physician or another psychologist, regarding your treatment.
- Payment is when I obtain reimbursement for your healthcare. Examples of payment are when I disclose your PHI to your health insurer to obtain reimbursement for your health care or to determine eligibility or coverage.
- Health Care Operations is when I disclose your PHI to your health care service plan (for example your health insurer), or to your other health care providers contracting with your plan, for administering the plan, such as case management and care coordination.
- "Use" applies only to activities within my office, such as sharing, employing, applying, utilizing, examining, and analyzing information that identifies you.
- "Disclosure" applies to activities outside of my office, such as releasing, transferring, or providing access to information about you to other parties.
- "Authorization" means written permission for specific uses or disclosures.

II. Uses and Disclosures Requiring Authorization

I may use or disclose PHI for purposes outside of treatment, payment, and health care operations when your appropriate authorization is obtained. In those instances when I am asked for information for purposes outside of treatment and payment operations, I will obtain an authorization from you before releasing this information. I will also need to obtain an authorization before releasing your psychotherapy notes. "Psychotherapy notes" are notes I have made about our

conversation during a private, group, joint, or family counseling session, which I have kept separate from the rest of your medical record. These notes are given a greater degree of protection than PHI.

You may revoke or modify all such authorizations (of PHI or psychotherapy notes) at any time; however, the revocation or modification is not effective until I receive it.

III. Uses and Disclosures with Neither Consent nor Authorization

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

- Child Abuse: Whenever I, in my professional capacity, have knowledge of or observe a child I know or reasonably suspect has been the victim of child abuse or neglect, I must immediately report such to a police department or sheriff's department, county probation department, or county welfare department (Child Protective Services). Also, if I have knowledge of or reasonably suspect that mental suffering has been inflicted upon a child or that his or her emotional well-being is endangered in any other way, I may report such to the above agencies.
- Adult and Domestic Abuse: If I, in my professional capacity, have observed or have knowledge of an incident that reasonably appears to be physical abuse, abandonment, abduction, isolation, financial abuse or neglect of an elder or dependent adult, or if I am told by an elder or dependent adult that he or she has experienced these or if I reasonably suspect such, I must report the known or suspected abuse immediately to the local ombudsman or the local law enforcement agency.

I do not have to report such an incident if:

- 1. I have not been told by an elder or dependent adult that he or she has experienced behavior constituting physical abuse, abandonment, abduction, isolation, financial abuse or neglect;
- 2. I am not aware of any independent evidence that corroborates the statement that the abuse has occurred;
- 3. the elder or dependent adult has been diagnosed with a mental illness or dementia, or is the subject of a court-ordered conservatorship because of a mental illness or dementia; and
- 4. In the exercise of clinical judgment, I reasonably believe that the abuse did not occur.
- **Health Oversight:** If a complaint is filed against me with the Louisiana State Board of Examiners of Psychologists and/or the Louisiana State Board of Medical Examiners, the Board(s) has/have the authority to subpoena confidential mental health information from me relevant to that complaint.
- Judicial or Administrative Proceedings: If you are involved in a court proceeding and a request is made about the professional services that I have provided you, I must not release your information without 1) your written authorization or the authorization of your attorney or personal representative; 2) a court order; or 3) a subpoena duces tecum (a subpoena to produce records) where the party seeking your records provides me with a showing that you or your attorney have been served with a copy of the subpoena, affidavit and the appropriate notice, and you have not notified me that you are bringing a motion in the court to quash (block) or modify the subpoena. The privilege does not apply when you are being evaluated for a third party or where the evaluation is court-ordered. I will inform you in advance if this is the case.
- Serious Threat to Health or Safety: If you communicate to me a serious threat of physical violence against an identifiable victim, I must make reasonable efforts to communicate that information to the potential victim and the police. If I have reasonable cause to believe that you are in such a condition, as to be dangerous to yourself or others, I may release relevant information as necessary to prevent the threatened danger.
- Worker's Compensation: If you file a worker's compensation claim, I must furnish a report to your employer, incorporating my findings about your injury and treatment, within five working days from the date of the your initial examination, and at subsequent intervals as may be required by the administrative director of the Worker's Compensation Commission in order to determine your eligibility for worker's compensation.

IV. Patient's Rights and Psychologist's Duties

Patient'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, I am 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 seeing me. Upon your request, I will send your bills or correspondence to another address.
- Right to Inspect and Copy You have the right to inspect or obtain a copy (or both) of PHI in my mental health and billing records used to make decisions about you for as long as the PHI is maintained in the record. I may deny your access to PHI under certain circumstances, but in some cases you may have this decision reviewed. On your request, I 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. I may deny your request. On your request, I 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, I 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.

Psychologist's Duties:

- I am required by law to maintain the privacy of PHI and to provide you with a notice of my legal duties and privacy practices with respect to PHI.
- I reserve the right to change the privacy policies and practices described in this notice. Unless I notify you of such changes, however, I am required to abide by the terms currently in effect.
- If I revise my policies and procedures, I will provide you with a revised notice by mail or in person and in writing within 7 days of such change in notice, if at all possible.

V. Complaints

If you are concerned that Dr. Linda Collings, Ph.D. MP, have violated your privacy rights, or you disagree with a decision I made about access to your records, you may contact the Louisiana State Board of Examiners of Psychologists, 8280 YMCA Plaza Drive, Bldg. 8-B, Baton Rouge, LA 70810; Phone: (225) 763-3935.

In addition, you may also contact or send a written complaint to the Louisiana State Board of Medical Examiners, 630 Camp St., New Orleans, LA 70130; Phone: (504) 568-6820.

You may also send a written complaint to the Secretary of the U.S. Department of Health and Human Services, 200 Independence Avenue, S.W., Washington, D.C. 20201; Phone: (877) 696-6775.

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

Notice of any future restriction to this notice or of change will be posted promptly within 14 days of such change. This notice goes into effect on January 1, 2024.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE CAREFULLY REVIEWED AND UNDERSTAND THE PRIVACY INFORMATION OUTLINED ABOVE.

Patient Signature (Legal Guardian if Minor)	Date
Witness	Date



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Refill Policy

Dear Patient,

We appreciate your cooperation.

Because of the high volume of patients that Dr. Collings sees, Northlake Medical Psychology and Counseling has implemented a 48-hour policy concerning all prescription refills. Please contact our office at least 48 business hours before any prescriptions are needed and allow up to 48 business hours for your prescription to be sent electronically to your pharmacy. Prescriptions for controlled substances will not be called in before they are due.

Please note that at times some insurance companies may require Prior Authorization for a new or existing medication. In the event that a Prior Authorization is needed, please have your pharmacy contact our office and allow an additional 1-3 business days for processing. Processing times vary depending on medications and insurance plans.

Patient Signature (Legal Guardian if Minor)	Date
By signing above, you agree that you have read and understand the	ne 48-hour policy.



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Authorization Request for Release of Confidential Health Information Patient Identification

Patient name:		Date of Birth:/_	/ Age:
Address:		Phone: (_)
Authority to Release Protected psychologist to release protected info obtain information from this person notification of this revocation to my of	ormation from your own (n or agency. You have the i	or your child's) clinical records	to the person or agency below, or
I	d to the above-named o		or her staff) to disclose or obtain osychological/medical/ psychiatric/
Purpose of Requested Disclosure of P following (please be specific):	rotected Health Information	on: The particular information to	be disclose/obtained is the
The information should be disclosed to	o/obtained from the follow	ving (please provide full addresse	s and telephone numbers):
Name of Agency Provider(s):			
Address:		Phone: ()
Fax: () Em Authorization: Except to the extent the revoked at any time by submitting we until the following date, and/or will exp	ritten notice to Dr. Linda	Collings. Unless revoked, this au	-
e-Disclosure: I understand the information longer be protected by the Health II Signature of Patient or Personal Representations to disclosing/obtaining this information in this authorization. However, if heaparty (e.g., fitness-for-work test), I und such health care services to the third prelease Dr. Linda Collings (and/or his st the information is disclosed or obtaine	nsurance Portability and Ac sentative Who May Reques ormation to/from the perseath care services are being lerstand that services may bearty. I can inspect or copy to	countability Act of 1996. t Disclosure: I understand the sta on or agency named above. I also provided to me for the purpose o be denied if I do not authorize the che protected health information could arise from disclosing or obta	tements above, and I voluntarily understand that I do not have to of providing information to a third e release of information related to to be used or disclosed. I hereby aining this information as long as
Patients Name Printed	Today's Date	Signature	
Signature/Assent of Child/ Adolescent (If Appropriate)	Today's Date	Relationship to Patient	Witness Date



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Clinical History Form

	Date:/
Your Background Information	
Name:	DOB:/ SS#:
Address:	
	State: Zip Code:
Phone: () Cell: ()	E-mail:
Primary Care Physician:	Physician Phone: ()
Last time you were examined (must be within the pa	st year):
Emergency Contact:	Phone: ()
Your Present Problem	
What are the problem(s) you are seeking help for? Give	e a date for the onset of each problem.
1	
2	
3	

Current Symptoms Checklist (check once			
() Unable to enjoy activities() Sleep pattern disturbance() Concentration/forgetfulness	 () Racing thoughts () Impulsivity () Avoidance () Decrease need for sleep () Increased irritability 	() An () De () Ch	ying spells xiety attacks creased libido ange in appetite tigue
Your Medical History			
Drug Allergies:			
Current Weight: Height	t:		
List ALL current <u>prescription</u> medications	and how often you take them (if n	one, write NO	NE):
Medication Name	Total Daily Dosage	Estimat	ed Start Date
		Mo:	Year:

List all current medical problems:	
Please indicate with a check if you have () Hepatitis () HIV () Blood Thinning Meds	any of the following medical conditions: () Pregnancy () Seizures () High Blood Pressure () Pacemaker () ()
List any past medical problems, non-psy	ychiatric hospitalization or surgeries:
For Women	
	Are you currently pregnant or do you think you might be
	you planning to get pregnant in the near future? () Yes () No
	nt? How many live births?
Birth control method:	
Are there any concerns about your phys	sical health you would like to discuss with me? () Yes () No
Date and place of last woman's physical	l exam:/
Your Personal and Family Medical Histo	ory
If you or a family member have been die Family (if Family, which family member	agnosed with a condition listed below, circle (S) for Self or (f) for ?):
(S) (F) Thyroid Disease	
(S) (F) Infertility	
(S) (F) Autoimmune Disease	
(S) (F) Anemia (S) (F) Liver Disease	
(S) (F) Chronic Fatigue)	
(S) (F) Kidney Disease	
(S) (F) Diabetes	
(S) (F) Asthma/respiratory problems	
(\$) (F) Stomach or intestinal problems Cancer(type)	
(S) (F) Fibromyalgia	
(S) (F) HeartDisease	
(S) (F) Epilepsy or	
seizures	

(S) (F) Chronic Pain			
(S) (F) High Cholesterol			
(S) (F) High blood pressure			
(S) (F) Head trauma			
(S) (F) Liver problems			
(S) (F) Orthopedic			
(S) (F) Other			
Is there any additional personal or fa	mily medical history? () Yes () No If	yes, please explain:
Your Family Psychiatric History Has anyone in your family been diag	nosed with or treated for	any of the follow	ing conditions:
() Yes () No Attention Deficit			Alcohol abuse
() Yes () No Bipolar disorder	(Anger Management
() Yes () No Schizophrenia	ĺ		Other substance abuse
() Yes () No Depression	(Suicide
() Yes () No Post-traumatic st	ress () Yes () No	Violence
() Yes () No Anxiety			
If yes, please provide details:			
Have any of your family members be	en treated with a psychia	tric medication?	() Yes () No
If yes, who was treated and what me	dications and how effecti	ve was the treatr	ment?
Your Past Psychiatric History			
Have you ever received outpatient to provide the following details:	eatment for a psychiatric	condition? () Y	'es () No If yes, please
Treatment Dates Treated by	Reason for Tr	eatment	
/to/			
/to/			
/to/			
to			
			

<u>Dates</u>	Facility Name	Reason f	or Hospitalization	
/ to/				
/ to/				
/ to/				
our Past Psychiatric M	ledications			
f you have ever taken a emember all the detail		-		s you can recall (if you can'
Medication Name	<u>Dates</u>	<u>Dosage</u>	<u>Response</u>	Side Effects
intidepressants:				
rozac (fluoxetine)	/ to/			
oloft (sertraline)	/ to/			
uvox (fluvoxamine)	/ to/			
axil (paroxetine)	/ to/			
Celexa (citalopram)	/ to/			
exapro (escitalopram)	/ to/			
ffexor (venlafaxin)	/ to/			
ymbalta (duloxetine)	/ to/			
Vellbutrin (bupropion)	/ to/			
emeron (mirtazapine)	/ to/			
'iibryd (vilazodone)	/ to/			
nafranil (clomipramine)	/ to/			
ramelor (nortrptyline)	/ to/		_	
ofranil (imipramine)	/ to/			
lavil (amitriptyline)	/ to/		_	
Pristiq (desvenlafaxine)	/ to/			
rintellix (vortioxetine)	/to/			
Nood Stabilizers:				
egretol (carbamazepine)	/ to /			
thium	/ to/_			
epakote (valproate)	/ to/_			
amictal (lamotrigine)	/ to/_			
egretol (carbamazepine)	/ to/_			
opamax (topiramate)	/ to/_			
Antipsychotics/Mood S eroquel (quetiapine)				
yprexa (olanzepine)	/ to/			
seodon (ziprasidone)	/ to/			
Abilify (aripiprazole)	/ to/		_	
Latuda (lurasidone)	/ to/_			
	/			

Medication Name	<u>Dates</u>	<u>Dosage</u>	Response	Side Effects
Clozaril (clozapine)	/ to/			
Haldol (haloperidol)	/ to/			
Prolixin (fluphenazine)	/ to/		·	
Sedative/Hypnotics:				
Ambien (zolpidem)	/ to/			
Sonata (zaleplon)	/ to/			
Rozerem (ramelteon)	/ to/			
Restoril (temazepam)	/ to/			
Desyrel (trazodone)	/ to/			
Other:	/ to/			
ADHD medications:				
Adderall (amphetamine)	/ to/			
Concerta (methylphenidate	e)/ to/			
Ritalin (methylphenidate))/ to/			
Strattera (atomoxetine)				
Vyvanse(lisdexamfetamine				
Other:	/ to/			
Anti-anxiety medication	ons:			
Xanax (alprazolam)	/ to/			
Ativan (lorazepam)	/ to/			
Klonopin (clonazepam)	/ to/			
Valium (diazepam)	/ to/			
Tranxene (clorazepate)	/ to/			
Buspar (buspirone)	/ to/			
Other:	/ to/			
Your Health				
Physical Exercise:				
Do you exercise regula	rly?()Yes()No	How many day	ys a week do you get exerc	ise?
How much time do you	ı exercise?	What I	kind of exercise do you do	?
Substance Use:				
Have you ever been tre	eated for alcohol or	drug abuse? ()	Yes () No	
If yes, for which substa	inces?			
If yes, where were you	treated and when?			
Have you abused preso	•			
If yes, which ones and	for how long?			

Alcohol Consumption:			
How many alcoholic beverages do you drink a day?	Per week?		
Caffeine Consumption:			
How many caffeinated beverages do you drink a day? Coffe	ee: Soc	das: T	ea:
Tobacco History:			
Have you ever smoked cigarettes? () Yes () No Do you	u currently smoke	? () Yes () No	How many
cigarettes per day on average do you smoke?	How many years	s have you smoked	?
Have you quit? () Yes () No How many years did you s	moke?	When did you qu	it?
Have you used a pipe, cigars, or chewing tobacco in the past	t? () Yes () No	Currently? ()	Yes () No
What kind? How often per day on average?		,	
Your Family Background and Childhood History			
Where were you born? WI	here did you grow	up?	
Who was your primary caretaker?			
List the first names of your siblings indicating (B) for brother	r and (S) for sister	and include their a	ge:
(B)(S)	(B) (S)		
(B)(S)	(B) (S)		
What was your father's occupation?			
What was your mother's occupation?			
Educational History:			
$What is your highest educational level or degree attained? __$			
Did you attend college? () Yes () No Where?		Major?	
Occupational History:			
Your current work status: () Working () Not working b	y choice () Une	employed () Di	sabled () Reti
How long in present position? What is/wa	syouroccupation (?	
If currently employed, where?			
Have you ever served in the military? () Yes () No If s	so, what branch ar	nd when?	
Relationship History and Current Family:			
Your current relationship status: () Married () Divorc	ced () Separato	ed () Single () Widowed
How long in current situation?	. , .	., .	•
If not married, are you currently in a relationship? () Yes	() No If yes. h	low long?	
Are you sexually active? () Yes () No	1 1 10 11 7 20,11		
What is your spouse or significant other's occupation?			
vviiatis your spouse or significantother Soccupation!			
	الحصل بيوير وير	ianmar: / /	Vac / \ N.
If yes, how many? How long?	ave you had any pr	ior marriages? ()	Yes () No

Do you have children? () Yes () No If yes, list gender and age for each child:
(M) (F) (M) (F) (M) (F) (M) (F) (M) (F)
Describe your relationship with your children:
List everyone who currently lives with you?
Legal:
Have you ever been arrested? () Yes () No If yes, please give the reason:
Do you have any pending legal problems? () Yes () No If yes, explain:
Spiritual life:
Do you belong to a particular religion or spiritual group? () Yes () No If yes, what is the level of your involvement?
Do you find your involvement helpful during this illness, or does the involvement make things more difficult or
stressful for you? () more helpful () more stressful
Your Comments
Is there anything else you would like Dr. Collings to know about you that might be useful to her helping you?

Risk Assessment

If YES, please answer the following. If NO, please skip the following and sign at the bottom.
Do you currently feel that you don't want to live? () Yes () No
How often do you have these thoughts?
When was the last time you had thoughts of dying?
Has anything happened recently to make you feel this way?
On a scale of 1 to 10, (ten being strongest) how strong is your desire to kill yourself currently?
Would anything make it better?
Have you ever thought about how you would kill yourself?
Is the method you would use readily available?
Have you planned a time for this?
Is there anything that would stop you from killing yourself?
Do you feel hopeless and /or worthless?
Have you ever tried to harm yourself before?
*Office Policies: If you need to contact me by phone, do not hesitate to call my office phone. If you cannot reach me in an emergency, it is best to contact your primary care provider, go to the emergency room or dial 911. If applicable, my office may bill your insurance; however, by signing below you acknowledge responsibility for all expenses incurred. This form also serves as consent for evaluation.
Signature of Patient : Date/

Have you ever had feelings or thoughts that you didn't want to live? () Yes () No



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Patient Pharmacy Information

Name of the pharmacy you use:
Pharmacy Address:
Pharmacy Phone Number: ()
NOTE: Not all states recognize Medical Psychologists as having prescriptive authority. If you use a

pharmacy that is outside of Louisiana, please let your provider know.



Linda Collings, Ph.D., MP Kristen UnKauf, Ph.D., LPC Alicia Seicshnaydre, MSN, APRN, PMHNP Shanda Keaton, MSN, APRN, PMHNP-BC 215 St. Ann Drive, Suite 2 Mandeville, La 70471 Phone (985) 951-2250 Fax (985) 951-2253

Missed Session Policy:

recent card used at our office will be charged.

Client Signature

The fee for a missed session is \$95.00. In order to cancel your appointment without being charged the \$95.00 missed session fee, you must contact Northlake Medical Psychology and Counseling to cancel the appointment no later than 24 hours PRIOR to the appointment time.

By signing below, you verify that you understand this policy regarding the cancellation of sessions: Client Signature Date _____ authorize Northlake Medical Psychology and Counseling to charge the fees related to services received to my credit card: Card Type: Visa MasterCard American Express Discover Name on Card Card # _____ Expiration Date ____ CVC ____ Billing Zip Code By signing below, I understand that I will NOT be billed to this card automatically, but only in the event that I have missed a session, not canceled an existing appointment within the required time frame or an unpaid balance and have not made other arrangements to pay that balance. I authorize Northlake Medical Psychology and Counseling to use this card for session fees, including the collection of balances due that are not otherwise paid in full on my account, even if such balances are due after therapy is terminated. If the card listed above is no longer active or expired, the most

NMPC2024 16

Date



Linda Collings, Ph.D., M.P Kristen UnKauf, Ph.D., LPC Alicia Seicshnaydre MSN, APRN, PMHNP-BC Shanda Keaton MSN, APRN, PMHNP-BC

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Email: info@northlakemedpsych.com

Missed Session Policy

Please review all of the information below regarding our Missed Session/Late Cancellation Policy.

FEE:

The fee for missed appointments or late cancellation is 95.00 and will be charged to either the card provided on your intake forms, or the most recent card used on file. If we are unable to charge the card on file, the payment will be accepted at the time of your next appointment.

LATE CANCELLATIONS:

Appointments cancelled within 24 hours of the scheduled appointment time will be assessed a 95.00 fee. Cancellations for ANY reason MUST be made at least 24 hours prior to your scheduled appointment time. If the 24 hour window falls on a weekend, please contact the office via email or leave a voicemail letting us know that you will be cancelling your scheduled appointment and we will follow up with you on the next business day to get you rescheduled.

MISSED SESSIONS:

Missed appointments will be assessed a 95.00 fee on the day of the scheduled (missed) appointment. The client is responsible for contacting the office to reschedule their missed appointment. Missed session fees must be paid prior to rescheduling appointments. Missed appointments with our prescribing providers may impact future refills of prescribed medications. It is the client's responsibility to follow-up with the office after a missed appointment.

RESCHEDULING AFTER A MISSED/LATE CANCELLATION:

- -After 2 consecutive late cancellations, rescheduling will be at the provider's discretion.
- -After 2 consecutive missed appointments, rescheduling will be at the provider's discretion. If seeing one of our prescribing providers, missed sessions may have an impact on refills of your medications.
- -If you have a standing appointment with one of our providers and have 2 or more missed or late cancelled appointments, your standing appointment will be automatically removed and we will schedule you for one appointment at a time or make arrangements for an alternate day/time that may work better for you.

LATE ARRIVALS:

If you arrive late for your scheduled appointment, your appointment will still end at the designated time. If you are more than 15 minutes late, you will be rescheduled to the next available time appointment with your provider. Multiple late arrivals will be addressed during session and may result in termination of care.	
result in termination of care.	
Client Signature	Date