

Rhea Fugal Counseling

Licensed Clinical Social Worker, Registered Play Therapist

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5480 Baltimore Dr. Suite 201, La Mesa, CA 91942

Individual, Family, & Child Therapy

Office Policy Statement

Introduction

I am a licensed clinical social worker (LCSW), licensed by the State of California Board of Behavioral Sciences, LCSW - #23608. I hold a Masters Degree in Social Work from Brigham Young University. I am also a Registered Play Therapist with the Association for Play Therapy.

Making the decision

The decision to initiate therapy is an important one and I offer a free 20-minute telephone consultation to help you decide if working with me will meet your needs. Ongoing counseling services are available in person or over the phone.

Communication

Even if you think I already have your phone number, please leave both your name and number as part of your message. For non-urgent matters, I will get back to you as soon as possible, usually within 24 hours during the week and less frequently on weekends. There is no charge for brief telephone calls, but for calls lasting longer than ten minutes you may be billed proportionally to the hourly rate. Email will only be used for scheduling and not for personal counseling unless arranged in advance. Email has significant limitations and confidentiality cannot be guaranteed.

Availability

I am not available for emergencies. If you think that you are having a psychiatric emergency, or need to speak to a mental health professional immediately, call the Crisis Hotline at (800) 479-3339, dial 911 and/or go to your nearest emergency room.

Appointments

The length of a therapy session is 50 minutes. Please arrive on time, as sessions cannot be extended if you arrive late.

Fees/Insurance

Except for a few Employee Assistance Programs (EAP) I no longer take insurance.* However, I will work with you on the price. Instead of the \$135 I used to submit to insurance boards I am now willing to accept \$70 as payment in full for each session.

* According to the American Psychological Association between 30% and 50% of counselors today accept very limited insurance or none at all

Please note that the \$70 must be paid at the beginning of each session. I accept cash, checks and money orders. I also accept credit cards but only through PayPal payments done in advance of the session.*

A 24 hour notice (one business day) is required to change or cancel a therapy appointment. You will be charged one half the hourly therapy rate for the missed appointment or late cancellation.

Confidentiality

Unless you give explicit written authorization for release of information, your treatment is strictly confidential with exceptions which are mandated by law, including, but not limited to: cases of suspected child abuse or neglect, suspected elder abuse (65+) or dependent adult abuse, if you pose an imminent danger to yourself or others, if you are unable to take care of yourself due to mental illness or under certain court-ordered circumstances.

Litigation

I will not voluntarily participate in any litigation or custody dispute. I will not communicate with a client's attorney and will not write or sign letters, affidavits or reports to be used in a client's legal matters. I will not provide testimony or client records unless compelled to do so. Should I be given a subpoena to appear as a witness in an action involving a client, the client agrees to reimburse me for all time spent for preparation, travel, court appearances, etc. at the hourly rate of \$135.

I understand and consent to these office policies.

Client's Signature

Date

Parent's or Guardian's signature(s) if client is a minor

* Also note that the first phone call is free but the initial assessment/consultation may require a one-time \$20 fee (\$90 instead of \$70) for the first session only.