



**Allison Mupas, M.A., LMFT, C.Ht.**  
Marriage and Family Therapist & Certified Hypnotherapist  
Change is Life's only Constant!

## **DISCLOSURE STATEMENT & CONSENT FOR SERVICES**

### **Welcome**

In this office we focus on working with families and individuals who wish to live more fully and improve relationships with the people in their lives. Choosing to come to therapy can be a challenging decision, but with commitment from both the client and therapist, a deep exploration of life issues can occur. The potential in this relationship can help to improve the quality of life and ease discomfort surrounding personal issues.

### **Information about Your Therapist**

At an appropriate time, your therapist will discuss his/her professional background with you and provide you with information regarding his/her experience, education, special interests, and professional orientation. You are free to ask questions at any time about your therapist's background, experience and professional orientation.

Your therapist is a: Licensed Marriage and Family Therapist

### **Information Regarding This Practice**

The individual therapist(s) who operate this practice is/are:

**Allison Mupas, M.A., LMFT**

Name of Therapist License

**CA License Number 46004**

Type License Number

### **Fees and Insurance**

The fee for service is \$ 200.00 per 90 minute initial assessment.

The fee for service is \$ 125.00 per individual therapy session.

The fee for service is \$ 150.00 per conjoint (marital /family) therapy session.

The fee for service is \$ 50.00 per group therapy session.

Individual Sessions and conjoint (marital /family) sessions are approximately 50 minutes in length.

Fees are payable at the time that services are rendered. Please ask Allison if you wish to discuss a written agreement that specifies an alternative payment procedure.

If for some reason you find that you are unable to continue paying for your therapy, you should inform your therapist. Your therapist will help you to consider any options that may be available to you at that time.

### **Confidentiality**

All communications between you and your therapist will be held in strict confidence unless you provide written permission to release information about your treatment. If you participate in marital or family therapy, your therapist will not disclose confidential information about your treatment unless all person(s) who participated in the treatment with you provide their written authorization to release. There are exceptions to confidentiality. For example, therapists are required to report instances of suspected child or elder abuse. Therapists may be required or permitted to break confidentiality when they have determined that a patient presents a serious danger of physical violence to another person or when a patient is dangerous to him or herself. In addition, a federal law known as The Patriot Act of 2001 requires therapists (and others) in certain circumstances, to provide FBI agents with books, records, papers and documents and other items and prohibits the therapist from disclosing to the patient that the FBI sought or obtained the items under the Act.

---

## DISCLOSURE STATEMENT & CONSENT FOR SERVICES

---

All communications between you and your therapist will be held in strict confidence unless you provide written permission to release information about your treatment.

If you participate in marital or family therapy, your therapist will not disclose confidential information about your treatment unless all person(s) who participated in the treatment with you provide their written authorization to release such information. **However, it is important that you know that your therapist utilizes a “no-secrets” policy when conducting family or marital/couples therapy.** This means that if you participate in family, and/or marital/couples therapy, your therapist is permitted to use information obtained in an individual session that you may have had with him or her, when working with other members of your family. Please feel free to ask your therapist about his or her “no secrets” policy and how it may apply to you.

### **Minors and Confidentiality**

Communications between therapists and patients who are minors (under the age of 18) are confidential. However, parents and other guardians who provide authorization for their child’s treatment are often involved in their treatment. Consequently, your therapist, in the exercise of his or her professional judgment, may discuss the treatment progress of a minor patient with the parent or caretaker. Patients who are minors and their parents are urged to discuss any questions or concerns that they have on this topic with their therapist.

### **Appointment Scheduling and Cancellation Policy**

In order to be effective, therapy work best when it takes place on a regular weekly basis. Appointments are set with your therapist and consist of a 50 minute session with payment expected at the start of each session by either check or cash. Missed appointments without 24 hours prior notice will be charged at full rate. If I miss a scheduled appointment without 24-hour prior notice, you receive one free session.

### **Therapist Availability/Emergencies**

I have a 24-hour answering service for messages: (626) 802-7383. I check my messages often, and return calls as soon as I am able. Please always leave your phone number and good times to reach you. In case of emergency, please call 911. If we have a therapy session on the phone, you will be charged a session fee. Phone sessions are based on full session rates, and are set by prior arrangement.

### **About the Therapy Process**

It is your therapist’s intention to provide services that will assist you in reaching your goals. Based upon the information that you provide to your therapist and the specifics of your situation, your therapist will provide recommendations to you regarding your treatment. We believe that therapists and patients are partners in the therapeutic process. You have the right to agree or disagree with your therapist’s recommendations. Your therapist will also periodically provide feedback to you regarding your progress and will invite your participation in the discussion.

Due to the varying nature and severity of problems and the individuality of each patient, your therapist is unable to predict the length of your therapy or to guarantee a specific outcome or result.

### **Termination of Therapy**

The length of your treatment and the timing of the eventual termination of your treatment depend on the specifics of your treatment plan and the progress you achieve. It is a good idea to plan for your termination, in collaboration with your therapist. Your therapist will discuss a plan for termination with you as you approach the completion of your treatment goals.

You may discontinue therapy at any time. If you or your therapist determines that you are not benefiting from treatment, either of you may elect to initiate a discussion of your treatment alternatives. Treatment alternatives may include, among other possibilities, referral, changing your treatment plan, or terminating your therapy.

---

## DISCLOSURE STATEMENT & CONSENT FOR SERVICES

---

### **Additional fees**

A standard \$30.00 service fee will be applied to any check returned for insufficient funds. In the event you get two sessions behind in paying your fee, another appointment will not be made until agreement is reached on payment for past and future fees. There is \$5.00 per page fee for letters or reports to any person or agency regarding your treatment (with your written consent). Session fees are periodically reviewed and can be adjusted with thirty (30) days notice.

### **Referrals**

Finally, the work that I do is based on word of mouth referrals. I am always thankful and appreciative of all referrals from my clients. Please let me know if you would like to have cards/brochures to pass on to anyone you believe could benefit from my services. Thank you.

Therapy offers a safe place for exploration. Through a relationship of support, trust, and honesty you will gain access to the tools you need to fully realize the potential of life. Participating in therapy can open up new ways of seeing life's challenges as well as building on the strengths necessary to meet those challenges in a healthy and beneficial manner.

