

PATIENT INFORMATION DOCUMENT

This document covers what you can expect from the therapy process and from me. It also explains what your responsibilities are. Please read it with care. If there is something that you do not understand, please feel free to discuss this with me.

Evaluation phase

Before your first appointment you will be given an intake form to fill out and sign. Please arrive a few minutes early to fill this out. You may also be e-mailed these documents before your first appointment so you can fill them out at home and bring them with you to your first appointment.

You and I may need between 1 and 3 sessions to evaluate whether we feel we can work together therapeutically. After this time, we may decide either to continue working together or perhaps that your specific needs may be better met by another therapist. In the case of the latter, I will be happy to provide you with an appropriate referral.

Therapeutic phase

Therapy may be short, medium or long term depending on your needs and resources. Therapy is not a magic bullet and it often takes time for insight, personal growth, improved functioning and change to happen in the long-term. In the initial stages of therapy, you may feel worse as you get in touch with feelings, thoughts, behaviours and realities that have been avoided, or as you start to learn new ways of being in the world. There may be a negative impact on other parts of your life, like work, studies and relationships. Being honest and open about this will help us work together to process this impact constructively.

Termination phase

There will come a time when therapy will come to a close. Ideally this point is when you feel your presenting or emergent concerns have been resolved and you no longer have use of the therapeutic space. However, therapy may end before this time because of other reasons like moving away, not having time or money for therapy, or because you want to work with another therapist. You have the right to leave therapy at any point and I hope you will feel comfortable telling me in advance so we can work through the ending of therapy. You may also return to therapy at any point in the future.

Confidentiality

You have the right to the confidentiality of your therapy. I cannot and will not tell anyone else what you have told me, or even that you are in therapy with me without your prior written permission. I will always act to protect your privacy. If you elect to communicate with me by email or WhatsApp at some point in our work together, I am willing to respond briefly by return email/message, but please be aware that email and other electronic media are not completely confidential.

The following are legal exceptions to your right to confidentiality:



- I would inform you of any time when I think I will have to put these into effect.
- If I have good reason to believe that you will harm another person, I must attempt to inform that person and warn them of your intentions. I must also contact the police and ask them to protect your intended victim.
- If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone else who is doing this, I must inform Child Protection Services.
- If I believe that you are in imminent danger of harming yourself, I may legally break confidentiality. I will explore all other options with you before I take this action.
- In order to offer a professional service, I will sometimes discuss and write up cases and academic material with a suitable senior colleague. I will avoid using any identifying details. The psychologists concerned are qualified professionals who treat information as confidential.

Record-keeping

I keep brief records of each session. I note the dates and times we meet, the topics we cover, progress and next steps. My records are kept private in a locked filing cabinet and are not shared with others, in accordance with the HPCSA requirements.

Diagnosis

If a medical aid is paying for your bill, I am required to give a diagnosis. Diagnoses are technical terms that describe the nature of your problems. If I do use a diagnosis, I will discuss it with you.

Fees

Individual, couples and multi-partner therapy is R951.40 per 51-60-minute session (medical aid rates). Please settle your account after each session at reception. You will receive an invoice which you can submit to medical aid for reimbursement.

Other Rights

You have the right to ask questions about anything that happens in therapy. You can ask me about my training and can request that I refer you to someone else if you decide I'm not the right therapist for you. You are free to leave therapy at any time.

Your Responsibilities

You are responsible for coming to your session at the scheduled time. Sessions last for 51-60 minutes. If you are late, we will end on time and not run over into the next session. If you miss a session without cancelling or cancel with less than twenty-four (24) hours in advance, you will be charged for that session.

Complaints

If you are unhappy with what is happening in therapy, I hope you'll talk about it with me so that I can respond to your concerns.