



**Laura A. Reames, M.A., LMFT**  
 Licensed Marriage Family Therapist, MFC43292  
 Certified Emotionally Focused Therapist for Couples  
 Certified EMDR Therapist

**MEDICAL AND PSYCHOLOGICAL HISTORY**

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_ Last Check up: \_\_\_\_\_

Medical Condition	Medications & Dosage	Reason for Medication	Allergies to Medication

Previous Counseling?  No  Yes Who & How Long? \_\_\_\_\_  
 For what? \_\_\_\_\_ Outcome? \_\_\_\_\_

Previous psychiatric hospitalization?  No  Yes When? \_\_\_\_\_ Where \_\_\_\_\_  
 For what? \_\_\_\_\_

Substance Treatment?  No  Yes When? \_\_\_\_\_ Where? \_\_\_\_\_

Drug, Alcohol, or Prescription Medication Use - Past: \_\_\_\_\_ Current: \_\_\_\_\_

**Circle any issues that pertain to you in the present or underline any issues from the past:**

- |                            |                     |                           |  |
|----------------------------|---------------------|---------------------------|--|
| Depression                 | Feeling Hopeless    | Isolating                 | Thoughts/Plans of Self Harm            |
| Suicide Attempts           | Tiredness/Fatigue   | Tearful                   | Difficulty Concentrating               |
| Extreme sadness            | Loneliness          | Inferiority Feelings      | Lack of Enjoyment in Activities        |
| Overeating                 | Difficulty Eating   | Sleeping too much         | Difficulty Sleeping/Insomnia           |
| Shy                        | Anxious             | Nervous                   | Panic Feelings                         |
| Feeling Stressed           | Feeling Guilty      | Phobias                   | Fears                                  |
| Nightmares                 | Muscle Tension      | Headaches                 | Stomach Aches                          |
| Pain                       | Bowel Problems      | Weight Changes            | Physical Symptoms                      |
| Anger                      | Irritability        | Violent Behavior          | Temper                                 |
| Thoughts of Hurting Others | Perfectionism       | Impulsive                 | Self-Control Problem                   |
| Drug/Alcohol Use/Abuse     | Judgment Difficulty | Difficulty Relaxing       | Difficulty Making Decisions            |
| Financial Difficulty       | Divorce             | Family Conflicts          | Relationship Challenges                |
| Dealing with Parents       | Caretaking Parents  | Blended Family Challenges | Challenges with Parenting              |
| Peer Conflict              | Education Problem   | Sexual Problems           | Change in Sexual Interest or /Function |
| Job Dissatisfaction        | Career Choices      | Conflict at Work          | Work Performance Problems              |
| Unmotivated at Work        | Legal Matters       | Death                     | Memory Problems                        |

Reason for seeking help & what you would like to see happen as a result of therapy:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Responsible Party:**

\_\_\_\_\_ Private Pay: Responsible Party Name & Address \_\_\_\_\_  
 Address Same as Above

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8861 Williamson Drive, Suite 40  
Elk Grove, CA 95624

Phone: (916) 546-1444  
Fax: (916) 546-1444

### **Informed Consent & Contract Agreement for Services**

*Welcome! Please read the following regarding my policies. Your understanding of this part of our professional relationship is important. Ask me any questions you have at the beginning of our session. Sign this only when you feel you understand it and have all your questions answered. It is my desire that your overall therapy experience is healthy and life giving for you.*

1. **Introduction:** I am a Licensed Marriage and Family Therapist. For 21 years, I've been providing individual and joint therapy for adults, couples, groups and families. I have been licensed since June 30, 2006. My therapeutic style invites a collaborative process, incorporates a whole view of a person and focuses on strengths, interpersonal interactions, and attachment needs. I utilize a variety of approaches to assist needs and to shift patterns of living getting in the way of present satisfaction. I am Certified in EMDR and Certified in Emotionally Focused Therapy for Couples.

2. **Private Practice:** I am the sole practitioner in private practice and the sole owner. I am affiliated with a group of private practice therapists with common goals in a shared office suite; however, each of us are sole practitioners.

3. **Confidentiality:** Information that you reveal to me is private and it is your right to have that information kept confidential. There are certain situations in which information may be released with or without your permission. These situations are:

1. When you sign a form authorizing me to release information to a specified person or allow me to acquire information from another person.
2. If I have a reasonable suspicion of child abuse or neglect, or see physical signs of elder abuse or the abuse of a dependent adult, a report must be made to the designated protective agency.
3. If you tell me of a serious intent to physically harm another person, then I must warn that person and the police.
4. If you appear to be dangerous to yourself or others, or unable to care for yourself, I will take measures to attempt to ensure your safety which may mean releasing private information to secure assistance from others assistance in creating a safety plan.
5. Information or records may need to be disclosed in the event of a court order.
6. Disclosure of confidential information may be required by your health insurance carrier in order to process claims.

On occasion, I will consult with other professional colleagues about my work in order to provide better service to you. In case of such consultation, your name and any identifying information will be protected.

4. **Therapy Process:** Therapy may result in a number of benefits to you, including improved relationships, a better understanding of your personal goals and values, and resolution of the specific concerns that led you to seek therapy. However, psychotherapy is a joint endeavor, the results of which cannot be guaranteed. I will contribute knowledge, skills and support; however, progress depends on many factors, including your motivation and commitment to your own growth, change and care; honesty and other life circumstances such as your interactions with family, friends and other associates. Sometimes change will be easy and swift and sometimes it will be slow and frustrating. Talking about unpleasant events, feelings or thoughts during therapy may result in discomfort for you. Psychotherapy may involve the risk of remembering unpleasant events and can arouse intense emotions such as fear, anger, sadness, depression, anxiety, frustration or loneliness. Attempting to resolve the issues that brought you into therapy, such as issues in interpersonal relationships, may result in change not originally intended. Positive change may not be apparent immediately after each session but should be noticed over time.

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5. **Shared Information:** If you or your partner should disclose information with me in private, I will encourage you to share this information voluntarily to your partner in our couple's session. If you do not share this information, I may need to share this information in order to preserve my neutral position in our therapeutic relationship.

6. **Appointments:** Therapy sessions are 55 minutes in length. Your appointments will be scheduled according to availability while making careful effort to accommodate your schedule. Note that you are reserving time in your name.

**If you cannot make your appointment, please notify me as soon as possible by text or voicemail preferably at (916) 546-1444 so that the time may be offered to others waiting to be scheduled.**

Please allow **24 hours advance notice when cancelling a session**; otherwise **you will be charged the usual session rate** for your appointment time. Regular attendance is recommended to ensure continuity of services and to enhance the effectiveness of the therapy.

**7. Professional Fees and Payments:**

a. Professional Fee - My fee is \$160 for a 55 minute session and is will be \$180 for a 55 minute session starting January 1, 2023. The fee is due at the **beginning** of each session unless other arrangements have been made in advance. In order to maximize the use of the therapy hour, consider the following about your choice of payment:

- If paying by cash, bring in the correct amount of cash for your session
- If paying by check, make the check out to "Laura Reames" prior to your appointment
- If you would like to pay electronically with Zelle, bank to bank, then set up payment to my email: laurareameslmft@gmail.com.

b. Cancellation Fee - If you need to cancel or reschedule an appointment, you will be charged the full counseling fee for an appointment cancelled less than 24 hours in advance. Exceptions include sudden illness of you or a child and emergencies. Work schedule changes are not an exception.

c. Telephone Fees - If you need telephone time with me between sessions, please leave a message on my voice mail. I will return your call. If you need more than 5 minutes, please let me know as we will most likely need to schedule a time. My regular fee applies to telephone appointments, prorated.

d. Administrative Fees - Other requests for a letter, treatment summary reports or any other administrative request will be billed at the regular per hour fee, prorated. In the case of a subpoena requesting court appearance, the rate is \$250/hour.

e. Increase in Fees - My fees may increase over the course of treatment, but only with prior notification and a discussion with you. I encourage open, honest communication about the fee arrangement so that both of us are clear on expectations.

**8. Telephone Accessibility and Emergencies:** I will check my voicemails periodically on weekdays and will return your call at my earliest opportunity. If you have not heard back from me in a reasonable amount of time (around 24 hours), call again, because errors do happen with voicemail. I am not available for emergencies of an immediate nature. In choosing to work with me, it is important that you fully understand that if you do not have a friend or family member available in an emergency, you can:

- Call 911
- Contact the Sutter Center for Psychiatry Call Center at (916) 386-3077
- Call the Suicide Prevention Hotline at (916) 368-3111

**9. Telehealth and Electronic Health Record Storage**

I understand that Telehealth is a mode of delivering psychotherapy, by way of communication technologies such as the Internet or Phone to facilitate diagnosis, consultation, treatment, education, care management, and self-management of a patient's health care.

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**I understand and agree to the following with Telehealth and Electronic Health Record Storage:**

1. I understand that there are possible risks associated with participating in Telehealth despite reasonable efforts and safeguards on the part of my therapist, that my sessions and transmission of my treatment information could be disrupted or distorted by technical failures and/or interrupted or accessed by unauthorized persons.
2. I understand that my treatment records are stored electronically and there is a risk that my treatment information could be accessed by unauthorized persons.
3. I understand that miscommunication between myself and my therapist may occur via Telehealth.
4. I understand that there is a risk of being overheard by persons near me and that I am responsible for using a location that is private and free from distractions or intrusions.
5. I understand that at the beginning of each Telehealth session my therapist is required to verify my full name and current location.
6. I understand that in some instances Telehealth may not be as effective or provide the same results as in-person therapy. I understand that if my therapist believes I would be better served by in-person therapy, my therapist will discuss this with me and together we can explore treatment options to address my needs, including the possible referral to another therapist.
7. I understand that while Telehealth has been found to be effective in treating a wide range of mental and emotional issues, there is no guarantee that Telehealth is effective for all individuals. Therefore, I understand that while I may benefit from Telehealth, results cannot be guaranteed or assured.
8. I understand that some Telehealth platforms allow for video or audio recordings and that neither I nor my therapist may record the sessions without the other party's written permission.

**10. Insurance:**

- I do not have insurance.
- I have insurance but I choose to not bill my insurance.

If you have any questions on any of these policies, please discuss your questions with me at our first appointment. Your signature below indicates that you have thoroughly read and understand all the policies covered in this document, that any questions have been addressed to your satisfaction and that you are willing to receive therapeutic services based on these policies.

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Print Name

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Signature

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Date

---

Print Name (Additional Client)

---

Signature (Additional Client)

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Date

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## NOTICE OF PRIVACY PRACTICES

*Your privacy is important to me*



**8861 Williamson Drive, Suite 40  
Elk Grove, CA 95624  
(916) 546-1444**

### **NOTICE OF PRIVACY PRACTICES**

#### **THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

I am required by law to maintain the privacy and security of your protected health information (“PHI”) and to provide you with this Notice of Privacy Practices (“Notice”). I must abide by the terms of this Notice, and I must notify you if a breach of your unsecured PHI occurs. I can change the terms of this Notice, and such changes will apply to all information I have about you. The new Notice will be available upon request, in my office, and on my website.

Except for the specific purposes set forth below, I will use and disclose your PHI only with your written authorization (“Authorization”). It is your right to revoke such Authorization at any time by giving me written notice of your revocation. Uses (Inside Practice) and Disclosures (Outside Practice) Relating to Treatment, Payment, or Health Care Operations Do Not Require Your Written Consent. I can use and disclose your PHI without your Authorization for the following reasons:

- 1.** For your **treatment**. I can use and disclose your PHI to treat you, which may include disclosing your PHI to another health care professional. For example, if you are being treated by a physician or a psychiatrist, I can disclose your PHI to him or her to help coordinate your care, although my preference is for you to give me an Authorization to do so.
- 2.** To obtain **payment** for your treatment. I can use and disclose your PHI to bill and collect payment for the treatment and services provided by me to you. For example, I might send your PHI to your insurance company to get paid for the health care services that I have provided to you, although my preference is for you to give me an Authorization to do so.
- 3.** For health care **operations**. I can use and disclose your PHI for purposes of conducting health care operations pertaining to my practice, including contacting you when necessary. For example, I may need to disclose your PHI to my attorney to obtain advice about complying with applicable laws.

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**Certain Uses and Disclosures Require Your Authorization**

- 1.** Psychotherapy Notes. I do keep “psychotherapy notes” as that term is defined in 45 CFR § 164.501, and any use or disclosure of such notes requires your Authorization unless the use or disclosure is:
  - a.** For my use in treating you.
  - b.** For my use in training or supervising other mental health practitioners to help them improve their skills in group, joint, family, or individual counseling or therapy.
  - c.** For my use in defending myself in legal proceedings instituted by you.
  - d.** For use by the Secretary of Health and Human Services to investigate my compliance with HIPAA.
  - e.** Required by law, and the use or disclosure is limited to the requirements of such law.
  - f.** Required by law for certain health oversight activities pertaining to the originator of the psychotherapy notes.
  - g.** Required by a coroner who is performing duties authorized by law.
  - h.** Required to help avert a serious threat to the health and safety of others.
- 2.** Marketing Purposes. As a psychotherapist, I will not use or disclose your PHI for marketing purposes.
- 3.** Sale of PHI. As a psychotherapist, I will not sell your PHI in the regular course of my business.

**Certain Uses and Disclosures Do Not Require Your Authorization.**

Subject to certain limitations in the law, I can use and disclose your PHI without your Authorization for the following reasons:

- 1.** When disclosure is required by state or federal law, and the use or disclosure complies with and is limited to the relevant requirements of such law.
- 2.** For public health activities, including reporting suspected child, elder, or dependent adult abuse, or preventing or reducing a serious threat to anyone’s health or safety.
- 3.** For health oversight activities, including audits and investigations.
- 4.** For judicial and administrative proceedings, including responding to a court or administrative order, although my preference is to obtain an Authorization from you before doing so.
- 5.** For law enforcement purposes, including reporting crimes occurring on my premises.
- 6.** To coroners or medical examiners, when such individuals are performing duties authorized by law.
- 7.** For research purposes, including studying and comparing the mental health of patients who received one form of therapy versus those who received another form of therapy for the same condition.
- 8.** Specialized government functions, including, ensuring the proper execution of military missions; protecting the President of the United States; conducting intelligence or counter-intelligence operations; or, helping to ensure the safety of those working within or housed in correctional institutions.
- 9.** For workers' compensation purposes. Although my preference is to obtain an Authorization from you, I may provide your PHI in order to comply with workers' compensation laws.
- 10.** Appointment reminders and health related benefits or services. I may use and disclose your PHI to contact you to remind you that you have an appointment with me. I may also use and disclose your PHI to tell you about treatment alternatives, or other health care services or benefits that I offer.

**Certain Uses and Disclosures Require You to Have the Opportunity to Object**

Disclosures to family, friends, or others: I may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations.

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**YOUR RIGHTS REGARDING YOUR PHI**

You have the following rights with respect to your PHI:

- 1.** The Right to Request Limits on Uses and Disclosures of Your PHI: You have the right to ask me not to use or disclose certain PHI for treatment, payment, or health care operations purposes. I am not required to agree to your request, and I may say “no” if I believe it would affect your health care.
- 2.** The Right to Request Restrictions for Out-of-Pocket Expenses Paid for In Full: You have the right to request restrictions on disclosures of your PHI to health plans for payment or health care operations purposes if the PHI pertains solely to a health care item or a health care service that you have paid for out-of-pocket in full.
- 3.** The Right to Choose How I Send PHI to You: You have the right to ask me to contact you in a specific way (for example, home or office phone) or to send mail to a different address, and I will agree to all reasonable requests.
- 4.** The Right to See and Get Copies of Your PHI: Other than “psychotherapy notes,” you have the right to get an electronic or paper copy of your medical record and other information that I have about you. I will provide you with a copy of your record, or if you agree to receive a summary, within 30 days of receiving your written request, and I may charge a reasonable, cost based fee for doing so.
- 5.** The Right to Get a List of the Disclosures I Have Made: You have the right to request a list of instances in which I have disclosed your PHI for purposes other than treatment, payment, or health care operations, or for which you provided me with an Authorization. I will respond to your request for an accounting of disclosures within 60 days of receiving your request. The list I will give you will include disclosures made in the last six years unless you request a shorter time. I will provide the list to you at no charge, but if you make more than one request in the same year, I will charge you a reasonable cost based fee for each additional request.
- 6.** The Right to Correct or Update Your PHI: If you believe that there is a mistake in your PHI, or that a piece of important information is missing from your PHI, you have the right to request that I correct the existing information or add the missing information. I may say “no” to your request, but I will tell you why in writing within 60 days of receiving your request.
- 7.** The Right to Get a Paper or Electronic Copy of this Notice. You have the right get a paper copy of this Notice, and you have the right to get a copy of this notice by e-mail. And, even if you have agreed to receive this Notice via e-mail, you also have the right to request a paper copy of it.

**HOW TO COMPLAIN ABOUT MY PRIVACY PRACTICES**

If you think I may have violated your privacy rights, you may file a complaint with me, as the Privacy Officer for my practice, and my address and phone number are:

**Laura A. Reames, LMFT**  
**8861 Williamson Dr. #40, Elk Grove, CA 95624.**  
**(916) 546-1444**

You can also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by:

- 1.** Sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201;
- 2.** Calling 1-877-696-6775; or,
- 3.** Visiting [www.hhs.gov/ocr/privacy/hipaa/complaints](http://www.hhs.gov/ocr/privacy/hipaa/complaints). I will not retaliate against you if you file a complaint about my privacy practices. **This notice went into effect on September 20, 2013.**

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**ACKNOWLEDGEMENT OF RECEIPT:  
NOTICE OF PRIVACY PRACTICES**

The Notice of Privacy Practices provides information about how we may use and disclose protected health information about you.

I acknowledge that I have received a copy of the Providers 'Notice of Privacy Practices'.

\_\_\_\_\_  
Signature of Patient or Patient's Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Relationship to Patient

\_\_\_\_\_  
Signature of Patient or Patient's Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Relationship to Patient

\_\_\_\_\_  
Interpreter (if applicable)

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**Written Acknowledgement Not Obtained**

- Notice of Privacy Practices Given – Patient Unable to Sign
- Notice of Privacy Practices Given – Patient Declined to Sign
- Notice of Privacy Practices Mailed to Patient – Awaiting Signature
- Other Reason Patient Did Not Sign

\_\_\_\_\_  
\_\_\_\_\_