

## **Informed Consent for Psychotherapeutic Services for Adult Clients**

Client Name:

Today's Date:

This form contains information about the provision of psychotherapeutic services. As a licensed psychologist, I am responsible for adhering to the law and ethical guidelines of various governing bodies, including the State of California, the California Board of Psychology, the American Psychological Association, the Association for Play Therapy, Internal Family Systems (IFS) Institute, and Sandplay Therapists of America. By signing your initials and signature in the designated areas below, you are confirming your understanding and agreement to the provided information.

### **Professional Background**

I am a licensed psychologist under the California Board of Psychology (license number: PSY32949). The acronym listed behind my name, "PsyD," means that I hold a Doctor of Psychology degree. I concentrated in Child and Adolescent Clinical Psychology during my doctoral studies. Additionally, I have a Master of Arts degree in Clinical Psychology (with an emphasis in Child and Adolescent Clinical Psychology) and a Bachelor of Science degree in Health Science.

I am a Certified Internal Family Systems (IFS) Therapist, Registered Play Therapist (RPT), and Registered Sandplay Practitioner (RSP). I am also Phase One trained in the Neurosequential Model of Therapeutics (NMT), certified in Functional Family Therapy (FFT), and Level One trained in Theraplay and Marschak Interaction Method (MIM). Additionally, I am in the midst of completing the necessary requirements toward attaining future certification as a Certified Sandplay Therapist (CST); these requisites include ongoing clinical application, consultation, and clinical paper-writing.

My treatment approach is informed by attachment theory, relational psychoanalysis, Jungian/depth psychology, NMT, and IFS. I strongly value the use of play therapy and nonverbal modalities such as Sandplay, expressive arts, and sensorimotor interventions.

\_\_\_\_\_ (please initial)

### **Right to Privacy**

You are entitled to privacy in seeking psychotherapeutic services per the United States Constitution, California Constitution, and California Civil Code. This means that by law, I cannot divulge information regarding your treatment (including your role as my client) without your written consent. Some exceptions to privacy are included below. Please see the "Privacy Policy" subsection of the "Notice of Privacy Practices" for an extensive list and explanations of exceptions to privacy.

- Child, Elder, or Dependent Adult Abuse or Neglect

- Danger to Self or Others
- Court Order
- Unpaid Services
- Electronic Payment Processing

\_\_\_\_\_ (please initial)

### **Coordination of Care**

There may be times in which it is helpful for me to collaborate with individuals outside of our immediate relationship (for instance, a psychiatrist, physician, romantic partner, etc.). In these situations, I will consult with you about the appropriateness of such coordination of care, and with your agreement, gain written consent to involve outside individuals. If collaborating with a third party, I only disclose information **directly relevant and limited** to the rationale for coordination of care (which again, you and I determine together beforehand).

\_\_\_\_\_ (please initial)

### **Benefits and Risks**

The overarching intent of psychotherapy is to assist clients with improving overall functioning. However, as treatment progresses, symptoms may actually intensify due to increased insight and understanding of oneself or others. As such, dips in functioning (such as exacerbated moodiness, argumentativeness, sleep disturbance, etc.) are to be expected. It is often true that clients feel worse before feeling better since insight tends to precede ability to cope with such awareness and effectively integrate it into everyday life. Treatment progress may therefore, be conceptualized as coil or spiral-like in nature (as opposed to linear) given that each gain in self-understanding can reveal a previously unknown or latent source of distress; thus, the process of psychotherapy may feel quite daunting at times particularly when seeking longer-term treatment.

Simply put, psychotherapy can involve a number of ups and downs depending on the intensity of symptoms and factors related to change. I am dedicated to continuously navigating these ups and downs with you and am earnest about having ongoing open communication. As such, please inform me of any concerns you may have regarding symptom intensification or development of novel symptoms. Ideally, you and I can collaboratively work through such concerns. However, please know that you always have the right to refuse or cease services at any point and seek alternative treatment elsewhere. Progress is not guaranteed.

\_\_\_\_\_ (please initial)

## My Treatment Approach

My intent as a psychotherapist is not to rid symptoms but instead, to assist clients in identifying the origin of, developing a relationship with, and ideally, befriending their sources of pain. I am not a skills-based therapist and do not adhere to a structured, manualized approach. My approach is relationally focused and as such, typically takes time due to the fluid and often, ambiguous nature of relationships. Developing trust within oneself and learning to accept, foster curiosity toward, and approach pain (instead of despising or avoiding it) is not an overnight process. As noted in the "Risks and Benefits" subsection above, progress tends to be coil or spiral-like, not linear. Some also refer to treatment as a circumambulation or deepening of holistically knowing oneself (both the good and bad).

Because psychotherapy is an in-vivo process and thereby, maps onto real life, there are inevitably times in which therapy seems to be working and all of a sudden, something distressing occurs (such as unforeseen exposure to a trauma reminder). Many feel like they are back at square one when such incidences occur. My belief is that every struggle or treatment hiccup represents an opportunity or calling to better know oneself and/or others in a deeper and more complex fashion. Pain is meaningful and if we can relate to it, we can learn from it.

Change takes patience, and there is no preset or predetermined timeline for any one client. Every client is different and the time it takes to develop a secure internal attachment within oneself therefore, varies. If the speed of treatment is displeasing or concerning to you, please inform me and we will attempt to collaboratively create psychological space for patience and self-compassion. If my approach is not congruent with your personal treatment goals or values, you have the right to seek treatment elsewhere at any time as similarly noted above.

\_\_\_\_\_ (please initial)

## Attendance and Cancellation Policy

Sessions are held at the same time and day per week when possible. Consistent attendance is imperative to treatment gains. Should you struggle to maintain consistent attendance, you and I can consult about your readiness or the appropriateness of treatment at this time.

Sessions are typically held once a week. If clinically indicated based on the severity of your symptoms, I will collaborate with you in determining if more than one session is needed per week. Near the close of treatment (as symptoms reduce and functioning improves), we may decide to wean down to one session per two to three weeks in order to test out and confirm your readiness to officially end services.

If you are unable to attend your session, please inform me at least 48 hours prior to your appointment to cancel. **If you do not inform me of a cancellation at least 48 hours**

**prior to your appointment (for instance, you contact me the day before or day of your session), the full session fee will still be charged.** The only exception to this cancellation policy is a psychiatric or medical emergency involving hospitalization.

If you intend on going on vacation, have a scheduled holiday (such as Martin Luther King Junior Day) in which you will not be attending therapy, or are planning to take a hiatus from therapy, please inform me as soon as possible. The earlier that you inform me of planned absences, the better I can manage my schedule to try and accommodate other clients in need of services. I will similarly inform you at least two weeks prior to a vacation or planned absence on my part when possible.

If you are late to session, we will still end at the expected time and the full service fee will be charged. Should you chronically appear to sessions late, you and I will consult about potentially rescheduling your repeating appointment at a different time or date. We may also discuss your readiness or the appropriateness of treatment at this time depending on the number of late sessions.

\_\_\_\_\_(please initial)

### **Professional Records**

I am required by law to maintain treatment records. I keep these files electronically and physically stored in a manner compliant with HIPAA federal law. Please see the form, "Notice of Privacy Practices," for more information pertaining to record keeping.

\_\_\_\_\_(please initial)

### **Therapist Availability**

Please feel free to leave a message at any time on my voicemail. When leaving a message, please include your contact information so that I may return your call at a faster rate. If I am working (and not off due to personal reasons or vacation), non-urgent phone calls will be returned within three business days. **I do not text message or email.**

**If experiencing a potentially life-threatening emergency, first and foremost, please contact 911 or proceed to the nearest emergency room.** You are welcome to contact me secondarily once the life-threat has been stabilized. For instance, if you are actively suicidal, call 911 first. Once assessed by county or hospital staff, and/or hospitalized, please then, contact me.

\_\_\_\_\_(please initial)

### **Unexpected Therapist Absences**

I am ethically and professionally bound to ensure that you have access to competent care in the event of an unexpected absence on my part due to sickness, accidents, significant

family emergencies, etc. Should I be unable to provide services to you due to such unforeseen circumstances, my colleague, Kylie Han Le, PsyD, licensed psychologist, will be available to assist you. I will provide her with your contact information so that she may either provide psychotherapy or offer referrals to other practitioners.

\_\_\_\_\_ (please initial)

### **Grievances and Questions**

As previously noted, I earnestly invite open communication; please inform me of any concerns you may have over the course of treatment. You always have the right to contact the Board of Psychology should you have any questions or complaints regarding the practice of psychotherapy.

Board of Psychology  
1625 North Market Boulevard, Suite N-215  
Sacramento, CA 95834  
866) 503-3221  
www.psychboard.ca.gov  
bopmail@dca.ca.gov

\_\_\_\_\_ (please initial)

### **Boundaries of Competence**

I am ethically required to practice within the boundaries of my competence. If I am unfamiliar with a factor related to your receipt of psychotherapeutic services (such as culture, religion, sexual orientation, etc.), I am obligated to seek relevant training, supervision, or consultation. Otherwise, it is my ethical duty to provide appropriate referrals and discharge in non-emergency situations.

If it is reasonably clear that you are no longer in need of, are not benefiting from, or are being harmed by psychotherapeutic services, I am ethically obligated to provide pretermination therapy and discharge. Should you or someone in relation to you ever threaten or endanger my well-being, it is also considered ethically permissible for me to terminate services.

Please see the following competency limitations.

- Case Manager  
Although I provide consultative coordination of care, this service is in adjunct (and secondary) to psychotherapy. I am not a case manager.
- Forensic Psychologist or Custody Evaluator  
I am not a forensic psychologist and therefore, do not provide custody evaluations or recommendations pertaining to custody arrangements.

- **Drug Counselor**  
I similarly, am not a drug counselor and thus, do not treat drug or alcohol addiction. If you are struggling with severe drug or alcohol addiction, I will discharge and refer you out for rehabilitation services.
- **Cognitive or Behavioral Therapy**  
Although I treat clients with Obsessive-Compulsive Disorder (OCD), I do not practice from a singularly behavioral, cognitive-behavioral, or Exposure and Response Prevention (ERP) lens; I utilize elements of ERP in conjunction with other models that invest greater attention to long-term intrapsychic change (such as Internal Family Systems) when treating individuals with OCD.
- **Crisis Counseling**  
I am also not a crisis counselor and have specified working hours that I am available as outlined under the subsection, "Therapist Availability" of this form.
- **Marital or Couples Therapy**  
I do not provide marital or couples therapy or counseling.
- **Psychoanalyst or Jungian Analyst**  
Although my approach is informed by both relational psychoanalysis and Jungian psychology, I am not a psychoanalyst or Jungian analyst.

\_\_\_\_\_(please initial)

### **Drug and Alcohol Use**

If you appear to session under the influence of drugs or alcohol, the appointment will be prematurely terminated. Unfortunately, I will also charge the full session fee given that the appointment was not cancelled by you beforehand (please see the "Attendance and Cancellation Policy" section of this document). Psychotherapy is not effective if a client is intoxicated in session. I am also not a drug counselor. If you appear to session intoxicated on multiple occasions or appear to be struggling with a severe addiction, I will refer you out for drug rehabilitation services, and discharge given that drug counseling is beyond my scope of practice.

\_\_\_\_\_(please initial)

### **Corona Virus**

You understand that by meeting face-to-face, you are assuming the risk of exposure to COVID-19. Should there be a resurgence of COVID-19, you and I will determine the format and course of treatment, which may involve use of telehealth (likely Zoom videoconferencing). When meeting in-person, you are agreeing to comply with the following precautions:

- If you have tested positive for COVID-19 in the last fourteen days, you will **immediately** inform me and cancel your in-person appointment.

- If you have been experiencing COVID-19 symptoms (such as fever, shortness of breath, etc.) in the last fourteen days, you will cancel your in-person appointment.
- If you have been in contact with someone with COVID-19 or have traveled in the last fourteen days, you will cancel your in-person appointment.
- You will follow social distancing and mask-wearing recommendations as needed.
- You will follow self-hygiene recommendations (such as regular hand washing, avoidance of touching face or eyes with dirty hands, etc.).

If you have tested positive for COVID-19 or have been actively demonstrating symptoms in the last fourteen days, and still come in for your face-to-face appointment, I will require you to leave the office immediately. I will also unfortunately, charge the full session fee since you did not cancel beforehand (please see the "Attendance and Cancellation Policy" section of this document). However, if you happen to contract COVID-19 less than 48 hours prior to your session and you **immediately** call me to cancel, we will reschedule your appointment and I will not charge you. Basically, please stay home if you test positive or are demonstrating symptoms.

\_\_\_\_\_ (please initial)

### Accommodations

My office is located on the second floor of 136 South Imperial Highway, Anaheim, CA 92807. Unfortunately, the business building does not have an elevator. If you are unable to walk upstairs, please inform me and we will collaborate in identifying a suitable meeting place other than my office.

\_\_\_\_\_ (please initial)

By initialing below, you are confirming that you have been provided the opportunity to ask questions. This authorization remains in effect until revoked by you.

\_\_\_\_\_ (please initial)

Your signature below denotes that you have read, understand, and agree with all of the information provided above. Your signature indicates your consent to proceed with treatment.

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Client Signature

Printed Name

Date

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Maddisen Espeseth, PsyD

Date

## Notice of Privacy Practices for Adult Clients

Client Name:

Today's Date:

I am legally and ethically obligated to maintain a treatment record of care and services provided to clients. The following is written in accordance with Health Insurance Portability and Accountability Act (HIPAA) federal law in conjunction with the United States Constitution, California state law, and the American Psychological Association ethical guidelines. This form explains how your protected health information (PHI) can be utilized or disclosed. ("Protected health information" refers to information pertaining to a client's mental health condition, provision of services, and payments.) This form also includes information about how to access your PHI. Please review the following carefully.

### Client Privacy-Related Rights

- **Right of Notice**  
You are to be provided with a written and electronic copy of this form ("Notice of Privacy Practices"). Should you like another copy at any point in the future, please inform me and I will provide one accordingly.
- **Right to Request Restrictions**  
You have the right to request restrictions to the use and disclosure of PHI. I am obligated to meet these requests when considered reasonable.
- **Right to Receive Confidential Communications**  
You have the right to request that bills be mailed to an address other than your home address. You may also request that I not contact your home phone.
- **Right to Access Records**  
California law requires that treatment records be maintained over the entire extent of active treatment in addition to at least seven years from the date of last service delivered. Per California law, you have the right to inspect treatment records within five days after I receive a written request from you. I must provide you with copies of treatment records within fifteen days after I have received a written request from you according to California law. Records cannot be withheld due to unpaid bills per California law. I charge \$0.20 per page when providing copies.  
HIPAA denotes that clients do **not** have the right to inspect or obtain copies of psychotherapy notes. California law permits me to offer you a treatment summary, which is to be completed within ten days of the offer being accepted by you. Should extenuating circumstances exist, you will be informed and the summary will be delivered within thirty days. **Access to records can be denied if disclosure endangers the life or physical safety of you or others per HIPAA.** If a court order mandates the release of records, or you provide written consent to authorize the release of



records to the California Board of Psychology, I will provide records within fifteen days.

- **Right of Amendment**  
You have the right to request amendments to PHI. This request can be denied if I determine that the alteration would make the PHI less accurate. Regardless, a record can never be expunged.
- **Right of Accounting**  
You have the right to receive a list of all PHI disclosures within the past six years. This list must include information pertaining to the date of disclosure, whom the information was disclosed to, and a description of what information was disclosed as well as the rationale. Your written authorization may be utilized instead of such accounting procedure.
- **Right to Revoke Written Authorizations**  
You have the right to revoke written authorizations at any time. The authorization will cease to be effective on the date of notification except to the extent action has already been taken in reliance upon it. The revocation will be honored unless contact with a third party is considered an exception to privacy or privilege (such as child abuse, danger to self or other, etc.).
- **Right to Hold Privilege**  
"Privilege" refers to a client's right to maintain confidential communications from being disclosed in a legal proceeding. A client is typically the holder of privilege, and may therefore, claim privilege during legal proceedings. However, if a client lacks legal capacity, the guardian or conservator is the holder of privilege. In the event that a client dies, the client's personal representative is the holder of privilege. Regardless of who may be the holder of privilege, he/she has the right to authorize any person to similarly claim privilege.
- **Right to File a Complaint**  
You have the right to contact the California Board of Psychology at anytime to ask questions or file grievances.

Board of Psychology  
1625 North Market Boulevard, Suite N-215  
Sacramento, CA 95834  
866) 503-3221  
www.psychboard.ca.gov  
bopmail@dca.ca.gov

## **Privacy Policy**

You are entitled to privacy in seeking psychotherapeutic services per the United States Constitution, California Constitution, and California Civil Code. This means that by law, I cannot divulge information regarding your treatment (including your role as my client) without your written consent.

However, there are circumstances in which I can use and disclose PHI without your authorization. Such exceptions include:

- **Child, Elder, or Dependent Adult Abuse or Neglect**  
I am a mandated reporter and am therefore, required by law, to report child abuse or neglect to a county welfare department (like Orange County Child Protective Services) or a peace officer. I am similarly mandated to report elder or dependent adult abuse or neglect to a county welfare department (like Orange County Adult Protective Services), law enforcement, a local ombudsman, or a state investigator depending on the adult's place of residency. I am ethically obligated to keep your privacy a priority even when filing a report; this means that when filing a report, I only disclose information **directly relevant and limited** to the abuse or neglect and completion of the report. Should I need to file a report, I will attempt to involve you in the process when possible.
- **Danger to Self or Others**  
I am a mandated reporter and am therefore, required by law, to report to a peace officer, mobile crisis team member, or county-designated professional when a client is considered a danger to his/herself or others. I am ethically obligated to keep your privacy a priority even when filing a report; this means that when filing a report, I only disclose information **directly relevant and limited** to your eminent danger to self or others, and completion of the report. Should I need to file a report, I will attempt to involve you in the process when possible.
- **Grave Disability**  
I am a mandated reporter and am therefore, required by law, to report to a peace officer, mobile crisis team member, or county-designated professional when a client is considered gravely disabled. "Gravely disabled" refers to the inability to adequately provide food, clothing, or shelter for oneself as a result of a mental health disorder. Grave disability does not apply to individuals who have these needs met by family, friends, or others as specified in writing. I am ethically obligated to keep your privacy a priority even when filing a report; this means that when filing a report, I only disclose information **directly relevant and limited** to grave disability and completion of the report. Should I need to file a report, I will attempt to involve you in the process when possible.
- **Treatment Emergency**  
If you are involved in a situation that puts you at risk of immediate physical harm and I am contacted by your treating health care provider, I am obligated to disclose information in order to ensure your safety. For instance, if you are hospitalized for psychiatric reasons and I am contacted by a hospital staff member, I will only disclose information **directly relevant and limited** to your immediate care (such as my role as your therapist, session attendance consistency, etc.). I am ethically obligated to keep your privacy a priority even when coordinating care. When possible, I will inform you of this coordination of care and involve you in the process.

- **Court Order**  
If ordered by a court to release records (as with a subpoena), I am legally obligated to respond. If I am required to appear in court, I will assert privilege on your behalf. However, should the judge determine that the requested information is an exception to privilege, I must comply with the court order and release the required information. In extreme circumstances, this may involve disclosure of your entire clinical record.
- **Civil or Criminal Wrongdoing**  
Privilege no longer exists should you seek psychotherapeutic services to assist with committing a crime or avoiding detection or apprehension of an already committed crime. I am obligated to contact law enforcement in such situations.
- **Unpaid Services**  
If you have an unpaid balance for services rendered, I will first attempt to contact you to ideally, resolve the issue with you directly. However, if you are unresponsive to these efforts, I will utilize the services of a collection agency. I am ethically obligated to keep your privacy a priority when contacting a collection agency; this means that I only disclose information **directly relevant and limited** to unpaid services (such as your name, balance owed, etc.).
- **Electronic Communications**  
Please be aware that cell phone and telehealth communications can be intercepted and that confidentiality is therefore, not guaranteed. **I do not text message or email** given that both forms of communication can be easily hacked (and therefore, pose risks to your privacy). I similarly do not interact with clients via social media.
- **Electronic Payment Processing**  
If paying electronically, I utilize Ivy Pay, a Health Insurance Portability and Accountability Act (HIPAA)-compliant payment app. Charges will appear on the payer's card statement as "Ivy Session Payment" for services rendered by MDE Psychological Services, Inc.
- **Consultation and Supervision**  
I am ethically obligated to seek consultation and supervision as necessary per a client's treatment needs. I am also personally in the midst of a number of certifications that similarly require professional consultation and supervision. When consulting or seeking supervision, I only disclose information **directly relevant and limited** to the consultation or supervision needs.
- **Quality of Care Review**  
Per California law, confidential information can be disclosed without your consent for the purpose of quality of care review (such as audits or investigations). If a professional standards review organization requires a review of my competence, qualifications, or health care services, PHI may be disclosed according to the California Civil Code.

- **Crimes Involving a Hospitalized Patient**  
Per the Welfare and Institutions Code, I am obligated to report to law enforcement if you are hospitalized and have committed a serious crime (such as murder). I am similarly mandated to report to law enforcement if you are hospitalized and have been victim to a serious crime (such as rape). I only disclose information **directly relevant and limited** to the crime involvement and completion of the report.
- **Mental or Emotional Health-Related Legal Claims**  
If you claim mental or emotional suffering in a legal proceeding, privilege no longer exists.
- **Legal Dispute Involving a Deceased Person**  
Privilege does not exist if PHI is needed to settle a legal dispute involving a deceased client's interests, deed, or will.
- **Malpractice Suit**  
If you initiate a malpractice suit against me, privilege no longer exists. Legally, I have the right to utilize treatment records to defend myself.
- **Health Insurance**  
If you are paying via private health insurance, I may need to disclose treatment information (such as diagnosis, services rendered, etc.) in order to ensure coverage. I am ethically obligated to keep your privacy a priority even when coordinating care with an insurance panel; this means that when consulting, I only disclose information **directly relevant and limited** to the coverage issue at hand.

## **My Responsibilities**

I am obligated by state and federal law to maintain the privacy and security of your PHI. Information pertaining to my privacy policy is listed above. With regard to the security of PHI, I am required by HIPAA to lock physical treatment documents in an office filing cabinet, safeguard electronic records with passwords and firewalls, and encrypt emails that involve PHI. In the event that a breach occurs that compromises the privacy or security of your PHI, I will immediately inform you and take necessary measures on my part to attempt to resolve the situation.

I will never use or disclose your PHI for marketing purposes. Similarly, it is illegal for me to sell your PHI in the regular course of business.

I am legally and ethically required to follow the terms of this notice that is currently in effect as of November 1st, 2021. Should the terms of this notice change in the future, the update will apply to all PHI in your record, and a revised notice will be provided to you. For further information pertaining to the HIPAA Privacy Rule, please defer to:

Maddisen Espeseth, PsyD, RPT, RSP • Licensed Clinical Psychologist (License Number: PSY32949)  
136 South Imperial Highway, Anaheim Hills, CA 92807 • 714-790-4066 • www.draddisenespeseth.com

United States Department of Health and Human Services: Office for Civil Rights  
200 Independence Avenue  
Washington, D.C. 20201  
800) 368-1019  
www.hhs.gov  
OCRMail@hhs.gov

By signing below, you are confirming that you have read, understand, and agree with the information included in this form.

---

Client Signature

Printed Name

Date

---

Maddisen Espeseth, PsyD

Date

### **Acknowledgement of Receipt of Notice of Privacy Practices for Adult Clients**

Client Name:

Today's Date:

You are entitled to certain rights pertaining to the use and disclosure of your protected health information (PHI) as outlined by the Health Insurance Portability and Accountability Act (HIPAA). By signing below, you are acknowledging and confirming your receipt of a "Notice of Privacy Practices" form. Please feel free to request another copy of the "Notice of Privacy Practices" form at any time in the future. For further information pertaining to the HIPAA Privacy Rule, please defer:

United States Department of Health and Human Services: Office for Civil Rights  
200 Independence Avenue  
Washington, D.C. 20201  
800) 368-1019  
www.hhs.gov  
OCRMail@hhs.gov

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Client Signature

Printed Name

Date

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Maddisen Espeseth, PsyD

Date

### Safety Agreement for Adult Clients

Client Name:

Today's Date:

In the event that you are experiencing suicidal ideation, homicidal ideation, or symptoms (such as command hallucinations or severe self-harm) that endanger the life or physical safety of yourself or another, please call 911 or proceed to the closest emergency room. Please contact me secondarily once the life-threat has been stabilized. Removal of access to sharps (knives, blades, etc.), over-the-counter/prescribed medications (Advil, Tylenol, etc.), poisonous household products (bleach, antifreeze, ammonia, etc.), recreational drugs/alcohol, and firearms/weapons is advised. Ongoing monitoring and supervision by a family member, romantic partner, and/or friend are similarly advised.

Please see below for a list of safety and crisis-related resources:

- National Suicide Prevention Lifeline (24-7 Availability; Call)  
800-273-8255 (English and Spanish Crisis Counselors)  
877-727-4747 (Korean Crisis Counselors)  
877-272-4747 (Request Multilanguage Line for Other Language Crisis Counselors)
- Orange County Warmline (24-7 Availability; **Text** or Call)  
714-991-6412 (English Crisis Counselors)
- Didi Hirsch Suicide Prevention (24-7 Availability; **Text**)  
839863 (Text: "HEARME") (English Crisis Counselors)
- Orange County Centralized Assessment Team (24-7 Availability; Call)  
866-830-6011 (English, Spanish, Vietnamese, Korean, Cambodian, and Arabic Crisis Evaluators)
- College Hospital Crisis Response Team (24-7 Availability; Call)  
800-773-8001 (English and Spanish Crisis Evaluators)
- Lifeline Crisis Chat (24-7 Availability; Web Chat)  
[didihirsch.org/chat/](http://didihirsch.org/chat/) (Click Link: "Click here to be linked to Lifeline Crisis Chat") (English Crisis Counselors)

By signing below, you are confirming that you have read, understand, and agree with the information included in this form.

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Client Signature

Printed Name

Date

---

Maddisen Espeseth, PsyD

Date

## Payment Information for Adult Clients

Client Name:

Client Date of Birth:

Today's Date:

Intake (First Billed Service) Date:

Name of Insurance:

### Fees for Services

Fees for psychotherapeutic services are due at the beginning of the appointment time. Please note that the following fees may be subject to change. **Payment via cash or check can result in a \$5 discount per service rendered as noted below.**

- Intake
  - \$205 per 50 minute session (card)
  - \$200 per 50 minute session (cash or check)
- Individual or Family Psychotherapy
  - \$205 per 50 minute session (card)
  - \$200 per 50 minute session (cash or check)
- Coordination of Care/Consultation Services
  - \$205 per 50 minutes (card)
  - \$200 per 50 minutes (cash or check)
- Non-Court Related Documentation Preparation (Letters, Summaries, Etc.)
  - \$205 per 50 minutes (card)
  - \$200 per 50 minutes (cash or check)
- Participation in Court Related Activities (Phone Consultations, Written Material Preparation, Responding to Court Orders, Etc.)
  - \$500 per hour (only payable via cash or check)
- Court Appearance
  - \$3,000 per day (only payable via cash or check)

If the provision of a coordination of care/consultation service involves driving off-site from my office (136 South Imperial Highway, Anaheim Hills, CA 92807), travel time beyond 15 minutes is added to the final charge at the proportionate hourly rate.

### Phone Calls

When a phone call lasts 10 minutes or more and starts to take the form of a therapy or consultation session, the prorated fee is applied to the entirety of the call. For instance, a 15 minute call would result in a charge of \$60 cash or check. Please remember that I am not a crisis counselor and my time is typically limited for unscheduled calls. You are welcome to request a supplementary in-person appointment should there be a need any given week.



## No Surprises and Good Faith Estimate Acts

You are protected from surprise billing under the No Surprises Act if paying via insurance. You are never required to receive out-of-network services and have the right to seek alternative mental health services outside of this practice and within your insurance network should you see fit. Seeking mental health services with me is completely voluntary on your part.

When paying for services out-of-pocket, you have the right to receive a good faith estimate outlining the anticipated cost of care. A good faith estimate is not a contract and does not require you to obtain the services listed in the estimate. This initial estimate does not include unknown or unexpected costs that may arise during treatment which means that you could be charged more if complications or special circumstances occur; however, you will be informed of all charges before billed. (No charges will occur by surprise.) You have the right to dispute a claim should you receive a bill that exceeds your good faith estimate by at least \$400. I encourage you to contact me directly in order to identify a dispute resolution. Nonetheless, you have the right to contact the United States Department of Health and Human Services (HHS) if you see fit. If seeking the dispute process assistance of HHS, you must contact HHS within 120 calendar days of the original bill date and will be charged \$25 by HHS. Should you seek dispute resolution with either me or HHS, your health care services will not be adversely affected.

United States Department of Health and Human Services  
200 Independence Avenue  
Washington, D.C. 20201  
877) 696-6775  
[www.cms.gov/nosurprises](http://www.cms.gov/nosurprises)  
[OCRMail@hhs.gov](mailto:OCRMail@hhs.gov)

Please see the following Current Procedural Terminology (CPT) service codes utilized by this practice and respective costs for cash or check payments relisted below.

- 90791 Intake (50 minutes): \$200
- 90834 Psychotherapy (50 minutes): \$200
- 90846 Family Psychotherapy (Without Client Present) (50 minutes): \$200
- 90847 Family Psychotherapy (With Client Present) (50 minutes): \$200
- 90887 Case Management (See Below; Listed Per Hour):
  - Coordination of Care/Consultative Services: \$200
  - Documentation Preparation (Non-Legal Matters): \$175
  - Documentation Preparation (Legal Matters): \$500

Provisional International Classification of Diseases, Tenth Edition (ICD-10) Diagnostic Code:

I am required by law to include the following identifying information as part of your good faith estimate.

- Provider Name: Maddisen Espeseth, PsyD

- National Provider Identifier (NPI): 1134592140
- Tax Identification Number (TIN): 87-3355446
- Office Location Where Services Are Expected to be Rendered: 136 South Imperial Highway, Anaheim Hills, CA 92807

Please see your good faith estimates for psychotherapy (when paying by cash or check) below:

- Weekly Therapy (1 Month): \$800 (\$200 X 4 Weeks)
- Weekly Therapy (6 Months): \$5,200 (\$200 X 26 Weeks)
- Weekly Therapy (12 Months): \$10,400 (\$200 X 52 Weeks)
- Biweekly (Twice a Week) Therapy (1 Month): \$1,600 (\$200 X 2 Sessions X 4 Weeks)
- Biweekly Therapy (6 Months): \$10,400 (\$200 X 2 Sessions X 26 Weeks)
- Biweekly Therapy (12 Months): \$20,800 (\$200 X 2 Sessions X 52 Weeks)

The above estimates are only estimates and may differ from actual costs should unexpected circumstances arise. These estimates are excluding case management services and therefore, do not reflect estimates that may involve adjunct services such as coordination of care. As such, separate good faith estimates may be provided should the need to include regular case management services arise. All services will be reviewed with you prior to billing; for instance, if we mutually agree that a consultation with your psychiatrist is warranted, I will consult with the psychiatrist then call you to review the expected cost of service based on the time spent consulting. I then bill. Transparency is one of my priorities. If you are ever uncertain regarding a bill, please inform me immediately. You always have the right to obtain a copy of your good faith estimate(s).

## Forms of Payment

As noted, fees are due at the beginning of each appointment. I accept cash, check, or card. **Payment via cash or check can result in a \$5 discount per service rendered.**

- **If paying by check:**

- Please address the check to: MDE Psychological Services, Inc.
- Should your check bounce, an additional clerical fee of \$50 will be added to the original check balance. For instance, if a \$200 session check bounces, the updated charge will be \$250.

- **If paying by card:**

- If processing payments electronically, I am legally obligated to utilize a processing program that is HIPAA-compliant. I utilize the HIPAA-compliant app, Ivy Pay.
- Ivy Pay requires that you input your card information via a text message sent through the company to process your first payment. This text also includes a digital receipt option. Your card is thereafter, privately saved on my account. I will lead you through this process during our first appointment should you choose to pay via credit or debit

card. Charges on your card statement may appear as "Ivy Session Payment" for services rendered by MDE Psychological Services, Inc.

- If a need to alter your payment form/card information arises in the future, please inform me **immediately**. Otherwise, I will assume that the provided card information is accurate and charge/collect the fee accordingly.
- Please include your information below if paying by card:

Cardholder Name: \_\_\_\_\_

Cardholder Phone Number: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date (Month and Year): \_\_\_\_\_

CVV: \_\_\_\_\_

Cardholder Billing Address: \_\_\_\_\_

Card Type (please circle):

Debit      Credit      Visa      Mastercard      American Express      Discover

By signing below, the cardholder is authorizing me, Maddisen Espeseth, PsyD, (MDE Psychological Services, Inc.), to charge his/her card through Ivy Pay. The cardholder also agrees that his/her card will be charged for any session that is not cancelled at least 48 hours prior to the scheduled appointment time. The cardholder understands that this authorization will remain in effect until cancelled in writing. The cardholder will inform me in writing of any changes to his/her account or termination of this authorization.

\_\_\_\_\_  
Cardholder Signature

\_\_\_\_\_  
Date

### **Billing Address**

Should there be a need to provide a summary of billed services, am I permitted to send billing information to your home address (please circle)?

Yes

No

If not, please include the address you would like me to send billing information to below:

\_\_\_\_\_

## Superbills

As noted above, I directly bill clients the same day of service provision. Per request, I offer monthly superbills (itemized summaries of billed services provided to you through this practice) that you can submit to your insurance for possible reimbursement. I am not contracted with any insurance panels and therefore, do not directly bill any panels. It is your responsibility to submit superbills to your insurance panel as you see fit. There is no guarantee of reimbursement/coverage. You always have the right to directly contact your insurance panel to inquire if they accept out-of-network provider services/superbills in order to clarify if and how much your insurance is willing to reimburse.

By signing below, you are confirming that you have read, understand, and agree with the information included in this form.

---

Client Signature

Printed Name

Date

---

Maddisen Espeseth, PsyD

Date

### Video Consent for Adult Clients

Client Name:

Today's Date:

I, \_\_\_\_\_ (your name) hereby, permit the use of videotaping during the provision of psychotherapeutic services by Dr. Maddisen Espeseth.

I am aware that the video recordings are to be utilized for training and teaching purposes and will be destroyed by Dr. Espeseth once no longer needed for such purposes. I have been informed that the video recordings are considered protected health information (PHI) and shall be treated as such with regard to privacy and security. Accordingly, PHI will not be shared outside of the context of professional training and teaching relationships, and the tapes will be stored in a secure location inaccessible to the public.

I am aware that I have the right to revoke this consent at any time in the future. I also acknowledge that I have the right to request that the video recorder be turned off in the midst of a service (such as a therapy session), and that the recording or any portion thereof be destroyed.

By signing below, I am confirming that I have read, understand, and agree with the information included in this form.

---

Client Signature

Printed Name

Date

---

Maddisen Espeseth, PsyD

Date

**Sandplay Therapists of America (STA)**

AUTHORIZATION FOR USE AND DISCLOSURE OF PROTECTED HEALTH INFORMATION

I, \_\_\_\_\_,  
herby grant and authorize:

- Maddisen Espeseth, PsyD (Sandplay Therapist)
- Sandplay Therapists of America (STA)
- International Society for Sandplay Therapists (ISST)

To use all data (including photographs of sandplay images) in his/her casework with:  
 Myself  
 Minor Child of whom I am the parent or legally appointed guardian

For purpose of ( please initial all that apply ) :

- \_\_\_\_\_ Research
- \_\_\_\_\_ Presentation at professional meetings
- \_\_\_\_\_ Training
- \_\_\_\_\_ Publications
- \_\_\_\_\_ Electronic publication (utilizing the internet)
- \_\_\_\_\_ Professional consultation

I understand that I/my child will be assigned a pseudonym (a different name) by the above-named therapist to protect privacy. The last name will not be used. This pseudonym will be : \_\_\_\_\_

The present authorization will last indefinitely unless I revoke it in writing.

\_\_\_\_\_

Signature

Date

\_\_\_\_\_ Address : \_\_\_\_\_  
Printed Name

\_\_\_\_\_ Therapist / Witness Date