



Please read through our True North Therapy introduction to the therapeutic process, prior to beginning therapy.

### **Treatment Process**

Your first session is a time to get to know your therapist better as well as express your concerns about why you/your child are seeking counseling. You and your therapist will develop a treatment plan based upon the concerns for yourself/your child within the first two sessions.

### **Frequency of sessions**

Sessions will be based on your/your child's individual assessment. Please talk as openly as possible about the concerns for yourself/your child.

### **Benefits and Risks of Therapy**

Benefits of therapy may include, but are not limited to:

- Temporary relief of symptoms
- Awareness and understanding
- Learning and using effective coping strategies

Risks of therapy may include, but are not limited to:

- Worsening of symptoms as a result of accessing raw emotions and experiences
- Emotional discomfort

As with any treatment there is not a guarantee of effectiveness, nor a guarantee that symptoms will not worsen. Due to the nature of psychotherapy, many difficult topics are brought up and explored. The majority of clients experience a brief increase in symptoms followed by relief and understanding. If you have questions or concerns please do not hesitate to ask.

### **Messages:**

True North Therapy does not have a full-time receptionist, please leave a message and someone will call you back within 1-2 business days. If you are calling after hours or there is no answer and you are in a situation that requires immediate attention, contact Crisis Connection at (612) 379-6363 or call 911.

### **Fee Policy**

True North Therapy will submit your insurance claim to your insurance company through our biller, Judy. It is your responsibility to verify your insurance benefits with your insurance company and request any precertification your insurance company may require prior to your first appointment. Failure to do so may result in you having to pay the out-of-pocket fee. Contact the number on the back of your insurance card to inquire about your outpatient mental health benefits (including co-pays and deductibles) and to determine if True North Therapy/Jaime McNatt is within your network. Any amount that your insurance company will not be paying (co-payments/deductibles) is your responsibility.

Please discuss openly if you feel there may be difficulty meeting these financial obligations. You are responsible for providing copies of your insurance cards, as well as any changes with your insurance or coverage. Failure to do so may result in denial of your claim. If you choose to not use insurance, fees for service will be addressed on a case-by-case basis with the therapist. Fees that are not covered by insurance and will be your responsibility are as follows:

1. Progress Report/Court Report writing - \$140/hour
2. Requested or Subpoenaed Court Appearances/Testimony - \$185/hour including travel time.
3. Sliding Scale Fees (for clients without insurance coverage or who would prefer to pay out of pocket for their therapeutic services): • Jaime McNatt, LICSW: \$90.00-\$125.00

### **Important Notices**

1. Please have your payment ready at the beginning of your session. Cash or check is accepted. There will be a \$30.00 fee for all returned checks.



2. A therapy session is normally 45-50 minutes. We bill for a 60 minute session (90837/47) to include scheduling time, after session parent consult (if applicable) and progress notes.
3. A 24-Hour Cancellation is required, otherwise a \$50.00 fee will be charged. Insurance companies do not reimburse for missed appointments.

I have read and agree to the information stated in this form.

Client Name (Printed) \_\_\_\_\_

Client Signature \_\_\_\_\_

Date \_\_\_\_\_