

## FAQ

Will you keep things we talk about private? To answer this simply, Yes, Yes, and Yes! If you want me to disclose information to someone outside our sessions, you would fill out a form called Release of Information. You can be very specific regarding what information you would like for me to release. You can also revoke a release at any time. By law, I am required to maintain confidentiality except in the following situations:

\*If I have reason to suspect a client is seriously in danger of harming themselves or others.

\*If I suspect past or present abuse or neglect of children or elders.

### What Can I Expect in Therapy?

I will provide you support, encouragement, problem solving skills and coping skills. These can assist you with the issues you are struggling with. I will provide that “new set of eyes” to evaluate and recommend action steps. We will work together to develop goals for your life’s journey.

### Why Do People Go to Therapy?

I can’t imagine navigating our lives and trying to do it all by ourselves! The beautiful thing is we don’t have to do it alone. Sometimes we just need to know that we matter! Sometimes we may not feel strong and we may have stopped believing in ourselves. Even if you are feeling that way right now, I can be strong beside you until you start standing on your own more. I will treat you warmly, with dignity and respect.

### Do you accept my insurance?

To determine if you have mental health coverage through your insurance carrier, you would start by calling them. I will also check your benefits to verify information.

I am credentialed with the following:

\*Wellmark BC/BS, Blue Cross Blue Shield Optum/United,

Midlands Choice, Iowa Total Care (Medicaid)

Office Hours: Weekdays, some evenings

Cancellations: I ask that you cancel your appointment within 24 hours of appointment time. If that is not possible, you may be charged a late cancellation fee of \$55.00.

Fees and Payment Options:

Cost Per Session: \$100.00 - \$180.00

Accept Credit Cards? Yes

Insurance Accepted? Yes

Health Savings Card? Yes

Private Pay? Cash, Check, Debit Card