

Counseling Agreement • Kirsten M. Lundeberg, LPC, LMFT
3923 Blenheim Blvd, Suite 63 D
Fairfax VA 22030 • Phone: 703.599.1478

I. SESSIONS AND FEES

A standard session is 50 minutes. My current fee for therapy sessions is \$225 per 50-minute hour. The fee for a 90-minute session is \$400 and the fee for 2-hour session is \$540. I do not participate with any insurance carriers, and payment is required at the time of each session. I will provide you with a receipt to submit your claims to your insurance provider if you choose to do so, and you are responsible for submitting this paperwork. Please note that this counseling agreement takes precedence over any information provided by your insurance carrier. There is no charge for brief check-ins by phone. To protect your privacy, I do not discuss clinical matters via email or text messages. Extended phone consultations or off-site meetings are billed at \$225 per 50 minutes. My fee for services related to court, such as preparation, consultation, and report writing is payable at \$225 per 50-minutes. My minimum fee for appearing in court is \$6,000 for an eight-hour day, or \$3,000 for a half-day, payable ten days in advance.

I recommend weekly sessions when we first begin to establish a strong therapeutic relationship. Sometimes clients request (or I may recommend) sessions more often than once per week based on the presentation of symptoms.

II. CONFIDENTIALITY

Services provided are confidential from those outside of the treatment unit unless:

- 1) someone is in significant danger of hurting him/herself or someone else,
- 2) there is a suspicion of child abuse or abuse of an elderly or disabled adult,
- 3) there is a court order (subpoena),
- 4) I have your written consent giving me permission to speak with individuals outside of the treatment unit, or
- 5) you request that I submit information about diagnosis and treatment to your insurance provider.

6) If you are a mental health professional and have engaged in professionally unethical behavior I may be ethically obligated to report that behavior to the licensing board. If several members of your family attend sessions with me, or when working with partners in couples therapy, information shared with me by one family member is not necessarily confidential from others in treatment. If you are a young adult and your parent(s) is/are financially responsible for therapy, I may share a general treatment plan with them and treatment recommendations as appropriate.

III. CANCELLATION POLICY

Please notify me as far in advance as possible if you need to cancel a session. If you miss or cancel a session for any reason with less than 48 hours notice, you will be charged the full session fee (\$225 for a 50-minute session). Please note that the 48-hours is exclusive of the weekend (Saturday and Sunday), so for example a Monday appointment at 12:00 pm would need to be canceled by the proceeding Thursday at 12:00 pm in order to avoid the cancellation fee. In the case of inclement weather, I offer phone sessions or video sessions so that appointments do not have to be missed. If you are paying by credit card signing below authorizes me to charge your card for the amount due at the time of the session, as well as to charge your card for a missed appointment or for an appointment that is not canceled with 48-hours notice.

IV. TERMINATION

You may, of course, terminate treatment at any time. If you cancel or miss scheduled appointments and do not contact me within 30 days it is understood that you have terminated treatment. Once treatment is terminated, the therapist has no further obligation to the client. If you have completed a course of therapy and wish to resume at some point in the future I will make every effort to accommodate your scheduling needs.

V. EMERGENCIES

I am not available on evenings or weekends to respond to crisis phone calls, emails or texts. In the event of a life-threatening emergency, please call 911 or go to your nearest hospital emergency room. You can also call Fairfax County 24-hour emergency services at 703.573.5679. You can receive 24-hour support through Crisis Text Line by texting 741741.

Your signature below indicates that you understand the above terms. Please ask for clarification of any points.

Printed Name of Client

Date

Signature of Client

Date

Name and Signature of Financially Responsible Custodial Parent/Guardian if Applicable

