

Being Centered: Psychological Services, PLLC
Ridgefield, CT
Ph/Fx: (203) 614-1089

Informed Consent for Couple's Retreat Reinvented

When reading through this document, read carefully as your electronic signature signifies you have read, understood, and agreed to the terms of this contract. If you do not understand or agree, it is your responsibility to bring those questions/concerns to one of the psychologist's attention.

Please note that once initialed and signed, this is a legally binding contract.

Defined Terms

Couple's Retreat Reinvented provides an opportunity to build your relationship through the guidance of two licensed clinical psychologists. *Couple's Retreat Reinvented* has a structured schedule, including individual and couple's therapy sessions and periods of reflective silence. Both individuals within the couple are assigned a psychologist who will be present and available to them throughout the day. The daily schedule can change depending on the needs of the couple. We strongly encourage you to allow yourself to be silent throughout the retreat and without technology (no phones, television, computer, etc.). Silence brings greater awareness and are meant as time for introspection.

Couple's Retreat Reinvented includes a one-and-one-half hour intake session with the couple. That session will be held at the psychologists' office location, unless otherwise discussed. The purpose of the intake session is for both psychologists to gain a better understanding of the history and current functioning of your relationship, in order to provide retreat services.

The standard structure of a two-day retreat is to provide one individual therapy session and three couple's therapy sessions. The standard structure of a three-day retreat is to provide two individual therapy sessions and four couple's therapy sessions. Standard individual and couple's therapy sessions occur for 50 to 90 minutes in length. Therapy sessions can be adapted, as necessary.

Our Role

We, Dr. Anna Huff and Dr. Teresa Reyes Castillo, are facilitators for the designated time of your retreat. We are not considered to be your treating psychologists, unless there is a separate, signed agreement that notes either or both of us as your treating providers. If you should need additional

mental health services, it is your responsibility to inform us, so that we can ensure you receive adequate care. We are available to you during the agreed upon time of the retreat. Our availability to you includes individual and couple's therapy sessions, as well as individual and couple's guidance, as needed, throughout the day.

Confidentiality

Both psychologists are legally and ethically obligated to keep any and all information pertaining to you confidential, except under certain conditions (bulleted below). Under certain laws, the following are limits to the confidentiality of your information:

- Abuse: Both psychologists are obligated to report, to the appropriate authorities, suspected child abuse (person under the age of 18), suspected elder abuse (person age 65 and over), and suspected abuse of a dependent person (person reliant on another for basic needs, regardless of age).
- Harm to self/others: Both psychologists are obligated to report suspected self harm and harm to others to the appropriate authorities and to the potentially affected person(s).
- Legal: If a law enforcement agency requests access to your information, due to suspected self harm and/or harm to others, this information will be provided to them. Only information asked for will be provided.
- Subpoena: If a court subpoena is received for your information and/or records, that information will be provided. Only the information asked for will be provided.
- Consultations: In order to provide you with the best possible service, there may be times when the treating psychologist may need to seek outside professional consultation. In those cases, your identity will remain confidential and only information applicable to the consultation will be discussed.

*Of note, any and all information shared by an individual can be shared with the other individual. We will not keep information about one individual separate from the other's awareness. Any and all information is considered as open communication within the relationship. We ask that both individuals maintain the confidentiality of one another and not share with others outside of their relationship, unless agreed upon to do so.

Fees

Overnight rates:

\$2100 for two days with overnight stay

\$3200 for three days with overnight stay

Per day or hourly rate:

\$1000 per day for 10 hour day, unless otherwise discussed and agreed upon

House call rate of \$200 per hour (plus driving time) for less than a day

This rate may vary based on otherwise discussed needs.

In the event there is a different payment arrangement, the agreed upon fee is the following:

Reason for different payment agreement: _____

All fees are due before services are rendered. In order to reserve your space, you will need to pre-pay in full. We accept cash and check. In the circumstances when the event is payable online, credit card will be accepted with an additional processing fee, which will be outlined at payment. Returned checks will result in a \$100 processing fee. If your account has a balance, we reserve the right to refuse service.

In the event of a cancellation, full refunds can be provided up to one-week in advance of the agreed upon retreat start date. In the event of a cancellation, the retreat can be rescheduled in lieu of a refund. If the retreat is cancelled within one-week prior to the agreed upon start date (without rescheduling), a late cancellation fee of \$300 will be applied and the remainder will be refunded to you. In the event we meet for an intake for *Couple's Retreat Reinvented* and you decide to not go through with the service, you will be responsible for paying a \$300 fee for the intake.

Contact

Any contact with either psychologist will be through telephone, at the business phone number, unless otherwise discussed. Email and social media will not be used as forms of communication, unless otherwise discussed. If you are using any of the services provided by Being Centered: Psychological Services, PLLC, you cannot be a personal "friend" on Facebook.

If you are experiencing an emergency, you will need to contact emergency services, such as dialing 9-1-1 or going to your nearest emergency room. If you attempt to contact either psychologist, note that your calls will be received and reviewed during regular business hours. We are not an emergency service center and do not provide emergency services.

The work phone number (203-614-1089) does not accept text messages. Text messages are blocked to this line, and as such, you will not receive responding messages.

Treatment Information and Records

Records maintained are limited to a copy of this consent form, an intake note specific to the couple, and a termination summary specific to the couple. Any emergency situations or areas related to the limits of confidentiality listed above will also be documented. An intake note outlines the history and current functioning of your relationship, as well as treatment notations specific to the retreat. A termination summary outlines the progress seen within your relationship over the course of the retreat.

Documentation will be maintained within an electronic health record (EHR) system. Legally, you have the right to the information kept in your file. When requesting information, please allow up to five business days for processing your request. A fee will be charged at 15 cents per page.

If either psychologist finds that accessing your records could cause harm to you or others, they have the right to withhold that information from you.

Agreement with Sections Contained Within This Document

I have read, understood, and agreed to each section within this document. I have asked questions and discussed concerns, if any, and those areas were resolved. By signing this document, I consent to participate in *Couple's Retreat Reinvented*.

Client's Signature

Date

Client's Signature

Date

Witness Signature

Date