

HEALTH PSYCHOLOGY ASSOCIATES

245 Mt. Rose Street

Reno, NV 89509

775-448-6828 Fax 775-322-2964

Deacon Shoenberger, PhD

Natalie Sanchez, MFT

Matthew Boland, Ph.D.

Informed Consent – Provision of Services by a Licensed Psychologist

I, _____, as a recipient of outpatient mental health services at Health Psychology Associates, understand that:

- My counselor has completed a Doctorate Degree in Psychology.
- Information about my case may be presented in an individual supervision milieu for the purposes of professional development and/or improved quality of care.
- My counselor is currently in a supervision group which contains the following supervisors: Deacon Shoenberger, Ph.D. and Natalie Sanchez, MFT.
- In order to protect my privacy, information shared will be done so with the least amount of identifying information possible.
- I have a right to refuse the disclosure of personal information to specific members of the supervision group where a conflicting relationship may exist. If such a relationship exists, it is my responsibility to address this with my counselor.

By signing this authorization for treatment by a licensed clinician, I acknowledge that I have read and understand the information above and

_____ I consent to treatment with the supervisory arrangement as specified.

Client

Date

Witness

Date

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Consent for Services

1. I understand that the fee for each 50 minute therapy session is my responsibility.
2. I agree to give 24 hour notice if I am unable to make a scheduled appointment. I understand that I will be charged the usual fee for any appointment not cancelled 24 hours in advance. If you miss a session without cancelling, we will assume that you have terminated therapy unless you call within 30 days to reschedule.
3. I understand that every effort will be made to keep the information obtained from each session strictly confidential, as provided by law. Information concerning me will be released to outside this facility only to agencies or individuals specifically designated by me in writing.
4. The exceptions to this policy are: (1) when in the therapist's judgment I am determined to be dangerous to myself or others; (2) when in the therapist's judgment I am suspected of child or elder abuse or neglect; (3) when my client material is ordered to be released by the courts as an essential part of a legal proceeding; and (4) during court ordered treatment.
5. In the event there are two or more clients in therapy at the same time (e.g., couples therapy), I understand that no information about these sessions can be released without the written consent of both parties.
6. I agree to inform my therapist of any pending legal action initiated by me or legal action brought against me.
7. I understand that the purpose of therapy is for my enhanced psychological functioning and specifically not intended to be used in any current or future legal proceedings (e.g., custody, divorce, civil, or criminal proceedings).
8. I understand that no treatment will be provided to me when I am under the influence of alcohol or drugs.
9. I understand that terminating therapy is part of the therapy process. I agree to terminate therapy by way of discussion with my therapist, not by cancelling a therapy session.
10. I understand that my signature below indicates that I have read the information above and that I fully and freely give my consent.

Name of Client (Please Print)

Signature of Client (if over 18 years of age)

Date

Signature of Parent or Legally Authorized Representative

Date

Client Information Form

Please fill in the information below for each family member attending therapy. All this information is quite personal. Do not provide this information to anyone other than your therapist. Photo ID, insurance card, and co-pay are required on day of visit. If you did not bring your insurance card(s) with you, all charges will be your responsibility and payable at the time of service. All unpaid balances and denied claims are your responsibility. By signing this form you are consenting for you and your insurance to be billed.

Notice of Privacy Practices provides information about how we may use and disclose protected health information about you. You have the right to review the notice before signing this consent. A copy is available upon request. As provided in the notice, the terms of the notice may change. If there are changes to the notice, you may obtain a revised copy by contacting, Natalie Sanchez, MFT with Health Psychology Associates, at 775-448-6828.

You have the right to request that we restrict how protected health information about you is used or disclosed for treatment, payment, or health care operations. We are not required to agree to this restriction but if we do, we are bound by our agreement. By signing this form you consent to our use and disclosure of protected health information about you for treatment, payment, and healthcare operations. You have the right to revoke this consent, in writing, except where we have already made disclosures based on your prior consent.

(Client) Last Name: _____ First: _____ Middle Initial _____

Parent(s) Name if Client is under 18: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Date of Birth: _____ Age: _____ Sex: M F

INSURANCE INFORMATION

Primary Insurance Name: _____

Insured's Name: _____ Insured's Date of Birth: _____

Policy ID#: _____ Group#: _____ Copay: _____

Secondary Insurance Name: _____

Insured's Name: _____ Insured's Date of Birth: _____

Policy ID#: _____ Group#: _____ Copay: _____

Client or Parent/Legal Representative Signature: _____

Print Name: _____ **Date:** _____

DEMOGRAPHIC INFORMATION

<p>1. Education</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] Grade School</td> <td>[5] Some College</td> </tr> <tr> <td>[2] Some High School</td> <td>[6] College Degree</td> </tr> <tr> <td>[3] GED</td> <td>[7] Post-graduate work</td> </tr> <tr> <td>[4] High School Diploma</td> <td>[8] Other</td> </tr> </table>	[1] Grade School	[5] Some College	[2] Some High School	[6] College Degree	[3] GED	[7] Post-graduate work	[4] High School Diploma	[8] Other	<p>7. Period of residence in Nevada</p> <p>[1] 6 months or less [2] 6 months to 1 year [3] 1 - 5 years [4] 5 – 10 years [5] More than 10 years</p>								
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<p>2. Race</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] Asian</td> <td>[4] Caucasian</td> </tr> <tr> <td>[2] African-American</td> <td>[5] Native American</td> </tr> <tr> <td>[3] Hispanic</td> <td>[6] Other _____</td> </tr> </table>	[1] Asian	[4] Caucasian	[2] African-American	[5] Native American	[3] Hispanic	[6] Other _____	<p>8. Who referred you?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] Self</td> <td>[6] Social agency</td> </tr> <tr> <td>[2] Relative/Friend</td> <td>[7] Police or court</td> </tr> <tr> <td>[3] Physician</td> <td>[8] Work</td> </tr> <tr> <td>[4] School</td> <td>[9] Other _____</td> </tr> <tr> <td>[5] Psychiatric agency</td> <td></td> </tr> </table>	[1] Self	[6] Social agency	[2] Relative/Friend	[7] Police or court	[3] Physician	[8] Work	[4] School	[9] Other _____	[5] Psychiatric agency	
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<p>3. Religious Preference</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] Catholic</td> <td>[7] Buddhist</td> </tr> <tr> <td>[2] Protestant</td> <td>[8] Christian</td> </tr> <tr> <td>[3] Muslim</td> <td>[9] Earth Based</td> </tr> <tr> <td>[4] Hindu</td> <td>[10] Non-religious</td> </tr> <tr> <td>[5] Jewish</td> <td>[11] Other</td> </tr> <tr> <td>[6] Baha'i</td> <td></td> </tr> </table>	[1] Catholic	[7] Buddhist	[2] Protestant	[8] Christian	[3] Muslim	[9] Earth Based	[4] Hindu	[10] Non-religious	[5] Jewish	[11] Other	[6] Baha'i		<p>9. Have you ever been hospitalized for psychiatric reasons?</p> <p>[1] Never [2] Once [3] 2 - 5 years [4] More than 5 times</p>				
[1] Catholic	[7] Buddhist																
[2] Protestant	[8] Christian																
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<p>4. Number of job changes in the last 5 years</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] One</td> <td>[4] Four</td> </tr> <tr> <td>[2] Two</td> <td>[5] Five or more</td> </tr> <tr> <td>[3] Three</td> <td></td> </tr> </table>	[1] One	[4] Four	[2] Two	[5] Five or more	[3] Three		<p>10. Have you ever attempted suicide?</p> <p style="text-align: center;">YES NO</p>										
[1] One	[4] Four																
[2] Two	[5] Five or more																
[3] Three																	
<p>5. Number of city-to-city moves in the last 3 years</p> <p>[1] None [2] One to Four [3] Five to Ten</p>	<p>11. Have you ever been abused in any of the following ways?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] Emotionally</td> <td>[3] Sexually</td> </tr> <tr> <td>[2] Physically</td> <td>[4] Other</td> </tr> </table>	[1] Emotionally	[3] Sexually	[2] Physically	[4] Other												
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<p>6. Type of Residence</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] House</td> <td>[4] Dormitory</td> </tr> <tr> <td>[2] Apartment</td> <td>[5] Hotel/Motel</td> </tr> <tr> <td>[3] Duplex</td> <td>[6] Other _____</td> </tr> </table>	[1] House	[4] Dormitory	[2] Apartment	[5] Hotel/Motel	[3] Duplex	[6] Other _____	<p>12. Occupation</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">[1] Unemployed</td> <td>[5] White collar</td> </tr> <tr> <td>[2] Medical Disability</td> <td>[6] Professional</td> </tr> <tr> <td>[3] Sales/Service</td> <td>[7] Homemaker</td> </tr> <tr> <td>[4] Blue collar</td> <td>[8] Other</td> </tr> </table>	[1] Unemployed	[5] White collar	[2] Medical Disability	[6] Professional	[3] Sales/Service	[7] Homemaker	[4] Blue collar	[8] Other		
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<p>Current Prescription Medication</p>	<p>Current Non-Prescription Medication</p>
<p>List medications and dosages</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>List vitamins/supplements/over-the-counter meds</p> <p>_____</p> <p>_____</p> <p>_____</p>

<p>Tobacco Use</p>	
<p>Do you currently smoke or use other tobacco products (chew, snuff, etc)</p>	<p>YES NO Frequency _____</p>
<p>Have you smoked in the past?</p>	<p>YES NO How long? _____ Date quit _____</p>

Medical and Health Information

Past Medical Problems or Illnesses:

Current Medical Problems or Illnesses:

Past Mental Health Problems or Illnesses:

Recent Weight Changes? Yes/No	Date of Last Medical Exam	Name of Primary Care Physician
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Have you seen a counselor before? Yes/No	If yes, who?	Date Started	Date Ended
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Were you prescribed medication? Yes/No	If yes, indicate name(s) and dose(s)
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Have you been in a treatment program before? Yes/No	If yes, name and briefly describe	Date Started	Date Ended
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>

Current Problem(s) – Please provide a brief description of the problem(s) that led you to seek counseling at this time.

Directions: Please reach each group of statements carefully. Pick out the one statement in each group which best describes the way you have been feeling the past week, including today. Circle the number beside the statement you picked. If several statements in the group seem to apply equally, circle each one. Be sure to read all the statements in each group before choosing.

<p>1. [0] I do not feel sad. [1] I feel sad much of the time. [2] I am sad all the time. [3] I am so sad or unhappy that I can't stand it.</p>	<p>12. [0] I have not lost interest in other people or activities. [1] I am less interested in other people or things than before. [2] I have lost most of my interest in other people or things. [3] It's hard to get interested in anything</p>
<p>2. [0] I am not discouraged about the future. [1] I feel more discouraged about my future than I used to be. [2] I do not expect things to work out for me. [3] I feel my future is hopeless and will only get worse.</p>	<p>13. [0] I make decisions about as well as ever. [1] I find it more difficult to make decisions than usual. [2] I have much greater difficulty in making decision than I used to. [3] I have trouble making any decisions.</p>
<p>3. [0] I do not feel like a failure. [1] I have failed more than I should have. [2] As I look back, I see is a lot of failures. [3] I feel I am a total failure as a person.</p>	<p>14. [0] I do not feel I am worthless. [1] I don't consider myself as worthwhile and useful as I used to. [2] I feel more worthless as compared to other people. [3] I feel utterly worthless.</p>
<p>4. [0] I get as much pleasure as I ever did from the things I enjoy. [1] I don't enjoy things as much as I used to. [2] I get very little pleasure from the things I used to enjoy. [3] I can't get any pleasure from the things I used to enjoy.</p>	<p>15. [0] I can work about as well as before. [1] It takes extra effort to get started at doing something. [2] I have to push myself very hard to do anything. [3] I can't do any work at all.</p>
<p>5. [0] I don't feel particularly guilty. [1] I feel guilty over many things I have done or should have done. [2] I feel quite guilty most of the time. [3] I feel guilty all of the time.</p>	<p>16. [0] I have not experienced any change in my sleeping pattern. [1a] I sleep somewhat more than usual. [1b] I sleep somewhat less than usual. [2a] I sleep a lot more than usual. [2b] I sleep a lot less than usual. [3a] I sleep most of the day. [3b] I wake up 1-2 hours early and can't get back to sleep</p>
<p>6. [0] I don't feel I am being punished. [1] I feel I may be punished. [2] I expect to be punished. [3] I feel I am being punished.</p>	<p>17. [0] I am no more irritable than usual. [1] I am more irritable than usual. [2] I am much more irritable than usual. [3] I am irritable all the time.</p>
<p>7. [0] I feel the same about myself as ever. [1] I have lost confidence in myself. [2] I am disappointed in myself. [3] I dislike myself.</p>	<p>18. [0] I have not experienced any change in my appetite. [1a] My appetite is somewhat less than usual. [1b] My appetite is somewhat greater than usual. [2a] My appetite is much less than before. [2b] My appetite is much greater than usual. [3a] I have no appetite at all. [3b] I crave food all the time.</p>
<p>8. [0] I don't criticize or blame myself more than usual. [1] I am more critical of myself than I used to be. [2] I criticize myself for all of my faults. [3] I blame myself for everything bad that happens.</p>	<p>19. [0] I can concentrate as well as ever. [1] I can't concentrate as well as usual. [2] It's hard to keep my mind on anything for very long. [3] I find I can't concentrate on anything.</p>
<p>9. [0] I don't have any thoughts of killing myself. [1] I have thoughts of killing myself, but I would not carry them out. [2] I would like to kill myself. [3] I would kill myself if I had the chance.</p>	<p>20. [0] I am no more tired or fatigued than usual. [1] I get more tired or fatigued more easily than usual. [2] I am too tired or fatigued to do a lot of the things I used to do. [3] I am too tired or fatigued to do most of the things I used to do.</p>
<p>10. [0] I don't cry any more than I used to. [1] I cry more than I used to. [2] I cry over every little thing. [3] I feel like crying, but I can't</p>	<p>21. [0] I have not noticed any recent change in my interest in sex. [1] I am less interested in sex than I used to be. [2] I am much less interested in sex now. [3] I have lost interest in sex completely.</p>
<p>11. [0] I am no more restless or wound up than usual. [1] I feel more restless or wound up than usual. [2] I am so restless or agitated that it's hard to stay still. [3] I am so restless or agitated that I have to keep moving or doing something.</p>	

Beck Anxiety Inventory

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by circling the number in the corresponding space in the column next to each symptom.

	Not At All	Mildly but it didn't bother me much	Moderately – it wasn't pleasant at times	Severely – it bothered me a lot
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding/racing	0	1	2	3
Unsteady	0	1	2	3
Terrified or afraid	0	1	2	3
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky/unsteady	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty in breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint/lightheaded	0	1	2	3
Face flushed	0	1	2	3
Hot/cold sweats	0	1	2	3
Column	0	1	2	3
Sum				

Scoring – Sum each column. Then sum the column totals to achieve a grand score. Write that score here _____.

Interpretation

A grand sum between **0 – 21** indicates very low anxiety. That is usually a good thing. However, it is possible that you might be unrealistic in either your assessment which would be denial or that you have learned to “mask” the symptoms commonly associated with anxiety. Too little “anxiety” could indicate that you are detached from yourself, others, or your environment.

A grand sum between **22 – 35** indicates moderate anxiety. Your body is trying to tell you something. Look for patterns as to when and why you experience the symptoms described above. For example, if it occurs prior to public speaking and your job requires a lot of presentations you may want to find ways to calm yourself before speaking or let others do some of the presentations. You may have some conflict issues that need to be resolved. Clearly, it is not “panic” time but you want to find ways to manage the stress you feel.

A grand sum that **exceeds 36** is a potential cause for concern. Again, look for patterns or times when you tend to feel the symptoms you have circled. Persistent and high anxiety is not a sign of personal weakness or failure. It is, however, something that needs to be proactively treated or there could be significant impacts to you mentally and physically. You may want to consult a physician or counselor if the feelings persist.