

## Individual Contract for Psychotherapy Services

1. This is a crude attempt to articulate in a few real words what the art and science of psychotherapy is about. The real process is within the verbal/relational connections that we make as we go through the time and struggle. Psychotherapy is a process that may allow you to reach your goals however vague or specific.
2. Psychotherapy is a complex verbal/relational process where we work together to learn from each of our pasts, our feelings, our successes and failures to make for a better future. This is a very complex process that involves my understanding of many things and your understanding of who you are. Together, these understandings are meant for you to have a more fulfilling, resourceful life and for me, to learn from what passes between us in this journey.
3. Psychotherapy is a verbal/relational process with an understanding of your sense of competency to be involved in such. Your competency gives you power to discuss your therapy, disagree with the process, terminate if you so wish. Your sense of competency allows you to question if this relationship is right for you, whether it is helping you in the long run. Rate of progress can either be fast, not so fast, or quite slow depending on the history of the focused work. In some instances, it may appear that you are regressing in order to work on older issues. If you feel you are being harmed by regressions or the lack of progress, it is important for you to raise these concerns. I, in turn, will also be monitoring my sense of the work and inform you directly or indirectly.
4. Psychotherapy is a verbal/relational process as well as psychodynamic as well as cognitive/behavioral. I cannot guarantee change in your behavior or emotional states. Nor can I promise that all problems will be resolved.
5. I will do my best to be totally involved with your work and give you as much direction as possible. I will ask that you take strong initiatives for the areas in which you want to work. My role is as a facilitator, and at times offering some guidance. Mostly, I will ask you to make your own decisions as I have to trust your process. This is to honor the twists and turns that take place; from which we learn. Psychotherapy honors all learning experiences, even those we regret. Hence, you may encounter difficult experiences as you proceed. Peck has referred to therapy as the "Road Less Traveled."
6. You agree to either pay directly for my services or ask that I file for insurance with your being responsible for any balance. You also agree that you are responsible for bills accrued to this process.
7. You agree to give verbal notice of any cancellations 24 hours in advance of your appointment or be responsible for the fees of the service.
8. In the event of an emergency, you may try to contact me and in the event that I am unreachable, you understand that you must contact a physician or go to an emergency room.
9. You fully understand that you have total confidentiality with the exceptions of threats to life, child abuse, court orders, possible insurance requests, and that I will act in accordance with the state and federal law.
10. Therapy sessions will typically involve 50 minute sessions unless we otherwise agree. Your fees will be prorated for the time experienced.

11. I would like to again remind you that this process is primarily a relational process and that these contract requirements may be discussed, reviewed, and used to further the psychotherapy. Our work is dependent on the use of our pasts, our feelings, our visions, and our ability to communicate with one another. Please feel free to use this time together as an invitation to see yourself and your future in a new light.
- 12. I, Dr. David Myers, am not responsible for any information sent to me via non-secure communication mediums such as the internet, emails, my website, text messages, or any other digital communication medium that can be used by hackers.**

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Please sign and date.