

Stanley Hoover, PhD

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Psychotherapy Agreement

This document contains important information about my practice and policies. Please read it carefully and make a note of any questions you might have so that we can discuss them at our next meeting. Signing this document represents an agreement between us.

Background and Treatment Approach

I'm a licensed professional counselor in the state of Georgia, board certified by the National Board for Certified Counselors. Before completing a PhD in Counselor Education and Supervision from Mercer University, I earned an MA in Professional Counseling from Richmond Graduate University. I've also earned a post-graduate certificate in Relational Psychodynamic Therapy from the Contemporary Psychodynamic Institute. In addition to my clinical practice, I'm also an Approved Clinical Supervisor and supervise counselors seeking independent licensure. I'm a member of the American Counseling Association and the Licensed Professional Counselors Association of Georgia.

My evidence-based treatment approach is highly relational and tailored to address your specific concerns. It explores the unique ways your life experiences have influenced your personality and relationships. Insight and awareness gained through our experience together can be built upon to help you make changes that contribute to your mental health and wellness.

Psychotherapeutic Services

Psychotherapy is a relational process that is unique to each patient. It will reflect our personalities and the nature of the concerns you want to address. There are benefits and risks to psychotherapy. Because psychotherapy often involves discussing difficult aspects of your life, you may sometimes experience uncomfortable feelings. At the same time, psychotherapy can offer a number of benefits. It often leads to better relationships, solutions to specific problems, and significant reductions in distress. But there are no guarantees as to what you will experience.

Our first session will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include, if you decide to continue with therapy. You should evaluate this information along with your own opinions about whether you feel comfortable working with me. At the end of the evaluation, I will let you know if I believe I am not the right therapist for you, in which case I will refer you to another therapist who might be a better fit.

Psychotherapy requires a commitment of time and money, so you should be very selective in choosing a therapist. If you have questions about my approach, we should discuss them when they arise.

Psychotherapy Sessions

I normally conduct an initial evaluation that lasts 90 minutes. During this time, we will determine a focus for your treatment, including specific treatment aims, and decide if I am the best person to work with you. If we agree to work together, we will usually meet for one 50-minute session per week. Sometimes I might recommend meeting twice a week, but this is something we would decide together. Once we

schedule your appointments, you will be expected to pay for each session unless you cancel at least 24-hours in advance.

Professional Fees

- Initial evaluations cost \$200 and last 90 minutes
- Psychotherapy sessions cost \$165 and last 50 minutes
- Clinical supervision costs \$125 and lasts 50 minutes
- Other professional services are billed at a rate of \$165 per hour

Billing and Payments

Payment is due at the time of each session. In circumstances of unusual financial hardship, I may be willing to negotiate a fee adjustment or payment installment plan. If your account has not been paid for more than 60 days and arrangements for payment have not been agreed upon, I have the option of using legal means to secure the payment.

Insurance Reimbursement

Although I do not accept insurance, I can provide a superbill that you can submit directly to your insurance company. If you have out-of-network benefits, you might be able to receive partial reimbursement. Please note, however, that your superbill will disclose protected health information, including a mental health diagnosis, which will become part of your insurance company's records.

Contacting Me

Although I'm usually in my office Monday through Thursday between 8:30-5:30, I'm not often immediately available by phone. When I'm unavailable, you may leave a message on my secure voicemail. I will make every effort to return your call within 24 hours, excluding weekends and holidays. In the event of an emergency, contact your primary care physician or visit the nearest emergency room.

Email may be used for administrative purposes only. This means email exchanges with me should be limited to practicalities such as setting and changing appointments and billing issues. Please do not email me about personal matters since email is not always a secure way to communicate. Because text messaging is even less secure, I do not text or respond to text messages from patients. I do not engage in social media interaction with patients.

Confidentiality

Your privacy, which is very important to me, is protected by law, and I would need your written permission to release any information about you to a third-party. There are a few exceptions to this type of confidentiality, however.

First, if you tell me anything that makes me suspect a child or vulnerable person has been abused or is being abused, I am required by law to report this to the appropriate authorities. Second, if you tell me anything that makes me suspect you might be suicidal or in danger of harming yourself, I am obligated to break confidentiality and arrange for your safety. Third, if you tell me anything that makes me suspect you might in danger of seriously harming another person, I am required by law to seek protection for that person and may report my concerns to law enforcement. Fourth, in the course of a legal proceeding, a judge might order me to disclose information about your treatment or provide testimony, and I must comply with a court order. Last, I find it helpful to consult with other mental health

professionals about my work. While I might discuss your case with colleagues, I will not disclose any information that would compromise your privacy or confidentiality.

Telemental Health Treatment

If psychotherapy is conducted online, it is important to know that problems may occur with internet connectivity. Any problems with internet availability or connectivity are outside my control and I cannot guarantee that services will be available. Disruption of video sessions due to technical complications will be resumed by telephone for the duration of the scheduled session time. If something happens that prevents or disrupts any scheduled appointment due to technical complications and the session cannot be completed via telephone, a new appointment will be scheduled.

Emergencies

If an emergency situation arises that requires immediate attention, you should call the National Suicide and Crisis Lifeline at 988 or the Georgia Crisis and Access Line at 1-800-715-4225.

My signature below indicates that I have read, been advised of, and understand the above information and that I consent to receive counseling services under these conditions. I also acknowledge that I have received, read, and understand the HIPAA Notice Form.	
Your Name Printed	Date
Your Signature	Date