

CENTRAL BRANCH  
2385 S. Huron Pkwy, Suite 1S  
Ann Arbor, MI 48104  
(734) 956-0051

WEST BRANCH  
6276 Jackson Rd, Suite D  
Ann Arbor, MI 48103  
(734) 548-9772

**Ann Arbor Counseling Associates, LLC**

**Disclosure Statement**

**Your Rights as a Counseling Client**

- Attending counseling is your choice, you are not mandated to be here
- You have a right to terminate counseling at any time for any reason
- You have a right to work with a counselor who suits your needs and purposes
- You can ask about treatment plans at anytime

**Risks to Counseling**

- You might feel worse before you feel better
- Your current relationships might change
- Counseling doesn't work for everyone

**What to Expect From Your Therapist**

A professional counselor, Psychologist, or Social Worker can help provide insight, help identify problem areas, work with you to come up with solutions, and support you through your changes. Counseling is tailored to the individual and to the successful attainment of your goals. Your therapist might draw from various styles of therapy in order to help you reach your goals including Family Systems Therapy, Person Centered, and Cognitive Behavioral Therapy. Your therapist may also highlight strengths and encourage exploration of solutions to help you maintain your changes long term while developing confidence in your ability to solve problems in the future.

**What Is Expected Of You**

Achieving your goals will be based on several factors. Some of these include:

- Your willingness to work in session and outside of sessions towards achieving your goal
- Willingness to explore, problem solve, and try new skills
- Being honest in sessions
- Following through with treatment recommendations
- Attending sessions as recommended and starting on time
- Trust and connection with your counselor
- Focus and your goals or revision of goals if necessary
- Giving and receiving feedback about our time together, progress, goal evaluation, and attendance

**Appointments**

Sessions are scheduled based on the recommendation of your therapist and your goals. A time slot will be selected by mutual availability. It is important that you commit to a time slot that works for you. Regular rescheduling or cancellation will be discussed in session with your therapist to determine if this relationship is effective. If you cancel an appointment with less than 24 hour notice or fail to show up for a scheduled session without notice you will be charged the full rate for the session as insurance cannot be billed. By signing this form you agree to this term.

**Confidentiality and the Exceptions**

Everything we discuss in session is confidential with a few exceptions. Michigan Law requires your therapist to disclose the following types of communication to ensure your safety or safety of others:

- Threatening to harm yourself or others
- Suspicion that you are abusing a person in a vulnerable population such as children, elderly, disabled, cognitively impaired.

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### **Other Exceptions to Confidentiality**

- If you are using insurance to pay for your sessions, identifying information will be disclosed to the medical biller to process your claims however the content of our sessions will not be shared
- Ann Arbor Counseling Associates, LLC participates in coordination of care with other clinicians that belong to this practice. This means that your therapist might consult with other members of the team and utilize their experience or expertise to assist in determining best treatment strategies.

### **Contact Information**

There will be times where we need to communicate in between sessions. I will return your message within 2 business days. You are free to contact me the following ways:

- AACA main phone number is (734)956-0051. Your call will be returned within 2 business days
- For emergencies go to your nearest ER
- Suicide Prevention Hotline 1-800-273-8255
- If you decide to communicate or subscribe to the AACA's social media pages your confidentiality cannot be guaranteed. Please use these methods of contact sparingly and cautiously.

### **Education and Experience**

- All clinicians at AACA have a minimum of a Master's degree in their clinical field and hold a license through the State of Michigan. These licenses are displayed in the office.

### **Billing and Fees**

- Sessions range from \$85-\$200 per session, depending on the type or length of session, type of session, therapist, and insurance, etc.
- For your therapist to be involved in court matters that might include conversations with attorney's, letters, reports, court appearances, or any other sort of support for your legal matters, an advanced paid \$1500 retainer is required prior to the delivery of any such services.
- Copies of records can be requested in writing to your therapist and will be provided after an administrative fee is paid along with a fee per page and postage.
- Individual letters for non-legal matters will be provided at your therapist's approval at their cash rate minimum for 30 minutes of time
- A detailed explanation of legal costs is available at [annarborcounselingservices.com](http://annarborcounselingservices.com)
- Insurance benefits are verified as a courtesy and we do not guarantee the accuracy of the information we receive from your insurance company.
- You will be responsible for any balanced due as a result of no-shows, late cancellations, copays, deductibles, denied claims, or returned checks.
- **Any appointment that is not cancelled 24 hours in advance will be billed at the full rate.**