

PADMA ALI, M.A., MFT
LICENSE # MFC 39525 (CA)
LICENSE # 1391 (MA)
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617-866-9821
650-400-0244

Welcome: The following information will answer some general questions that many clients often have when beginning psychotherapy, as well as address more specific questions you may have about working with me. I am an independent mental health practitioner at this office. For more information, please consult my website www.padmaali.com

What is psychotherapy/counseling? Psychotherapy/counseling is designed to provide support to individuals, couples, and families to resolve emotional and behavioral patterns that may get in the way of creating healthy, satisfying relationships and achieving life goals.

Therapy is a collaborative and interactive process that requires active involvement on your part. It is important to remember that, in some instances, symptoms like anxiety, depression, guilt, frustration can get exacerbated, however, over time you should see improvements by learning to work these difficult feelings. Also, keep in mind that not all people benefit from therapy or from working with a therapist. Together, we will periodically evaluate the effectiveness of our therapeutic process.

Confidentiality: Information disclosed by you during the course of therapy is strictly confidential. However, there are some exceptions, including the following: 1) reporting child, elder or dependent adult abuse/neglect; 2) taking the necessary steps to attempt to maintain safety if it is determined that you intend to harm yourself or someone else; 3) releasing specific information that you have authorized by signing a Release of Information form; 4) releasing information/records ordered by the court or law.

Sessions and Fees: Clients are expected to pay agreed upon fee at each session. Checks may be made payable to Padma Ali. You can also choose to pay by cash. Fees will increase annually by \$5 by the 1st of the year.

Sessions are generally 50 min long. Longer sessions are also available 1 ½ session (75 min) and 2 sessions (100 min)

Fees are ____ per 50 min session.

Cancellations: It is important that you note that since your appointment time is reserved exclusively for you, you will be charged for the session unless you cancel with at least 48 hours advanced notice. I will make an attempt to reschedule for the same week in case of a cancellation, where by there will not

be any charges. If that is not possible, then you will be charged. I will make exceptions in case of emergency.

Insurance: I accept most PPO plans. In most case the statement that I will provide will help you get reimbursed. I can also help you with getting reimbursed. Keep in mind that insurance companies need a diagnosis and information about treatment that you will authorize for me to release.

Telephone: You may reach me by calling 650-400-0244. I generally check messages several times a day, and generally am able to return calls within 24 hours. But it may also mean that I may not be able to get back for many hours. If your call is an emergency (such as you are feeling suicidal) please leave a message on my voice mail and then call the 24 hours emergency services hotline at **San Mateo County Psychiatric Emergency Services at 650-573-2662** or the **San Mateo County Suicidal Hotline at 650-692-6655** or call **911, the police emergency number.**

I generally am available in between sessions. There is no charge for a phone conversation under 10 min. Anything over that will be charged at a pro rated rate.

I hereby certify that I understand and agree to the above policies and consent to participate in psychotherapy over video or phone with Padma Ali, MFT. I also understand the limitations of long distance counseling.

Signed _____ **Date:** _____

Name: _____ **Date of Birth** _____

Address: _____

Cell: _____ **Home:** _____ **Work:** _____

Email: _____

Signed _____ **Date:** _____

Name: _____ **Date of Birth** _____

Address: _____

Cell: _____ **Home:** _____ **Work:** _____

Email: _____