

Amra Stafford, Psy.D.
Licensed Clinical Psychologist (#4402)
3747 N 24th Street, Phoenix, AZ 85016
Phone: (602) 456-7565 Fax: (602) 840-3218

OFFICE POLICIES AND CONSENT TO TREATMENT

The Process of Psychotherapy: Psychotherapy can be helpful in relieving distress, understanding patterns and motivations, and improving the quality of life. It is a collaborative process and requires a significant commitment of effort, time, and resources. Progress depends on many factors, including the nature and severity of problems being addressed, life circumstances, and motivation. Treatment is designed to be helpful, but it can also feel difficult and uncomfortable at times. It is natural to experience a variety of thoughts and feelings during the course of treatment. I normally conduct an evaluation that will last from two to four sessions. During this time, we can both decide if continued work together can help you to meet your treatment goals.

Confidentiality: All records concerning your treatment are confidential. Your written consent is required in order for me to release information about your treatment. Under certain circumstances, however, the law requires or permits me to disclose information about you and your treatment:

1. When there is reasonable suspicion of child abuse or neglect or evidence of elder abuse
2. When a person presents an imminent and/or potentially serious danger to self or others
3. In the event of certain court orders to subpoena information or records

Cancellations: Once we decide on a regular time for our meetings, I will reserve that hour for you. You may cancel your appointment at any time. If I am able to fill your appointment time or can reschedule you at another time during the same week, you will not be charged. If I cannot fill your appointment slot or reschedule you for another time, you will be charged the regular fee. Please note that Medicare will not pay for missed sessions and you will be responsible for payment of the full fee. If you have an emergency and cannot keep your appointment, please call me to discuss.

Your participation in therapy is voluntary, and you may discontinue at any time. However, difficult feelings often arise in therapy and sometimes contribute to the consideration to end treatment. In such cases, I encourage you to discuss this with me. It is typically very useful to discuss these feelings, regardless of the decision to continue or not.

Payment for Services: I accept Medicare Part B and private payment. Payment is made at each 50-55 minute session. I accept checks, cash, and most credit cards. My fees are as follows:

