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Client/Therapist Agreement

As we begin to work together, there are certain terms I would like you to know. Please read them below and advise me if you have any questions.

Please arrive on time for your appointment. Counseling sessions are 50 minutes in duration. **If you need to cancel or reschedule an appointment for any reason, then a 24-hour notice is required.** You will be charged the cost of the session for late cancellations and/or missed appointments (\$120).

I will confirm your appointment via a courtesy text in advance. Should I forget to do so, it is still your responsibility to attend the appointment. Please do not wait for the confirmation text to cancel.

Therapy can be challenging work. The number of sessions a client needs is often determined by the client and therapist together. Please consider therapy an important commitment in your life. You have the right to terminate therapy or request referral to another therapist at any time.

I accept Aetna, IdealCare, and Blue Cross and Blue Shield (PPO) health insurance, and I will file your claims for you. You are responsible for your copay at the time of your appointment. Please note that some insurance companies will pay for out-of-network services. The private-pay fee for counseling is \$125 per session.

Payment is due when you arrive for your appointment, before the session begins. I accept cash, personal checks and debit/credit cards. You will be charged \$35 for any returned checks. You are ultimately responsible for the cost of services that your insurance company fails to pay.

It is important for us to respect the professional nature of our relationship. I will make every effort to limit our interactions to the paid sessions we have together.

My signature below indicates that I have read and understand the policies above.

Printed Name

Signature

Date