

**Linda Nastari, LCSW
PO Box 6243
San Jose, CA 95150**

PATIENT INFORMED CONSENT AND THERAPIST DISCLOSURE

I am a California Licensed Clinical Social Worker. This means I have a Master's Degree in Social Work and have completed the necessary clinical hours to be licensed in the State of California. I continue my training and education to meet the ongoing licensure requirements, as well as to stay current in the field. I have worked in agencies prior to beginning my private practice in 1989. I have had training in individual, couple and family therapy, psychodynamic therapy and some psychoanalytic training with supervision. In my years of practice, I have worked with a wide range of cases. In recent years, I have developed further specialties in Eldercare and Small Family Business Consulting. I am a member of The National Association of Social Workers, The Northern California Society for Psychoanalytic Psychology, and Collaborative Practice Silicon Valley.

DESCRIPTION OF THE THERAPEUTIC PROCESS: Therapy helps most people; however, it is not always successful. Some patients may experience periods of depression or increased difficulty along the way. Patients need to understand that therapy is a process and a quick fix is not possible. For some, they may not like what they learn about themselves as the treatment moves along, and/or find the therapeutic relationship is different than what they anticipated. These feelings are normal and are a part of the therapeutic process.

Ethical Standards: I take seriously the ethical standards of my profession. Information disclosed by you during the course of therapy is confidential unless you sign a written consent form for disclosure of information. There are certain legal exceptions that are described in the HIPAA (Health Insurance Portability Act) consent form. In couple's therapy, I hold the policy that I will not "hold secrets" in the couple relationship as those "secrets" sometimes are a factor in preventing the couple from developing a trusting relationship.

AVAILABILITY AND AFTER-HOURS CONTACT: I am generally available for contact during office hours. I have a policy of returning routine telephone calls, texts, or emails within 24 hours, except weekends and holidays. I do however, check my messages periodically when I am away from the office and will return a call, text, or email if

necessary. When I am away on vacation I can arrange for a colleague to be available to see you in my absence. I will also have a colleague on call and their phone number will be recorded on my voicemail.

FEES: Are to be discussed upon the time of your initial interview. Periodically, I do raise my fees, which may occur if I see you over an extended period of time.

RESCHEDULING APPOINTMENTS: I charge for all missed sessions, with the exception of vacations. In the event you cannot attend a session, I will try to reschedule your appointment, but this is not always possible.

INSURANCE: Payment is due at the time of the session or at the end of each month. I will provide a statement which can be submitted to your insurance.

I have read and discussed with Linda Nastari, LCSW the information contained in this document.

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Date _____ Signature _____