



Center for Compassion
Couple Counseling
Strengthening Relationships

Information and Rate Scale Update: I would like to make sure I have current information for you. Even if you think I have the correct info, please complete the questions below. Thank you.

Name:

Birth date and year:

Address:

Private phone where I may leave voice messages and texts:

Person and relationship to you, phone number and address that I may contact in an emergency:

Who is your family. Please list the names of your close family members and their relation to you. Please include children and pets that are part of your family.

Currently, who do you turn to for emotional support and what are their relations to you?

Are you currently seeing a psychiatrist or medical doctor? What is the nature of the visits?

Do you currently take any medications: over the counter, prescription, medical marijuana, psilocybin mushrooms, other fungal or herbal medications? If so, what medication and for what reason?

Do you consume alcohol, recreational marijuana, psilocybin mushrooms or any recreational drugs? Currently, is your alcohol or drug use problematic?

In the past or now, in order to cope or gain some form of comfort, did you ever turn to i.e. alcohol or drug abuse, self-mutilation, binge eating or over-restricting food, over-exercising or avoiding movement, out of control sex, out of control gaming or gambling, out of control spending, extreme risk-taking, or other activities that might cause harm to yourself or others? If yes, what?

Rate Range Update: For most people I currently see, I have verbally updated my *rate range*. Below is the written notification for your and my records. In an attempt to cover cost-of-living, I slightly increase my *rate range* every two years. This *rate range* will again increase ten dollars (\$10) in January 2024.

The current rate range (January 2022 through December 2023) is as follows:

One-hour individual sessions: One hundred forty (\$140) to one hundred (\$100) dollars.

Seventy-five-minute couple sessions: One hundred seventy (\$170) to one hundred twenty (\$120) dollars.

A reminder of my request for Notice of Cancellation: Please call or text 48 hours in advance if you would like to cancel or re-schedule an appointment. If you cancel after the requested 48 hours, I ask that you pay a fifty (\$50) dollar *late cancellation fee*. If you cancel on the same day or do not attend the scheduled appointment without calling or texting, I ask that you pay a one hundred (\$100) dollar *same day cancellation fee*. I accept voicemail and text for notification of cancellation any time, any day of the week.

Responding to voicemail and texts: You may leave me a voicemail or text any time at 720.480.6633. Please note that my current office hours are Tuesdays through Thursdays from 3pm to 8pm, and Fridays from 10am to 3pm. Generally, I respond to voicemail and text within 24 hours during my office hours. I do not usually check voicemails or texts Friday afternoons through Monday afternoons. No emails please.

Please sign below to acknowledge the current *rate range* and *late cancellation fees*.

Printed Name:

Signature:

Date: _____