

Please Take This Handout Home With You!!

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Some Information About My Psychotherapy Practice

Training and Experience:

In practice since 1975, I studied at Arizona State University School of Social Work and was employed in state and federally funded behavioral health programs with adults and adolescents. I trained privately in gestalt therapy, bioenergetic analysis, ego psychology, methods of family and group psychotherapy, short-term psychotherapy, and transpersonal psychology. I have national and state certification as an independent social worker, and received a masters degree in 1984. In 2000 I was an Adjunct Lecturer at the University of Arizona Psychology Department on the topic of transpersonal psychology.

Fee and Payment Schedule:

The fee for my services is \$120 per meeting for individual, couple, or family meetings, and \$35 per group meeting. Please have your check made out when you arrive, and pay that fee at the time you are offered the service. Remember that you are liable for the full charges no matter what portion your insurance company decides they will pay.

Frequency of Meetings:

We will agree on a frequency of our meetings, depending on the degree to which you are willing to pursue the issues that brought you here. Clients usually attend a minimum of once a week to promote continuity and to keep us both focused on what you are hoping to achieve and what is in the way. Meetings begin on the hour and last for 50 minutes. If at some point you decide to change the frequency of your meetings, bring this up at the beginning of any session for discussion.

Cancellations and No Shows for Meetings:

If we agree to work together we are creating a contract to meet for a certain number of times per week at a specific charge per meeting. If you decide FOR ANY REASON that you are not available for a meeting you have contracted for please notify me. You will still be billed for that hour (much like in educational institutions where you pay for a course even though you chose to not attend all the meetings). If I have another time available I will offer to reschedule the meeting during that same week.

Emergencies:

I do have a 24 hour answering service but do not carry a beeper. My office hours are Monday & Wednesday (8am - 5pm), Tuesday & Thursday (8am - 4pm). If my service cannot locate me, they will refer you to Help-on-Call, a 24 hour crisis center (323-9373).

Clinical Supervisor:

My consulting supervising psychiatrist is Arnold Nelson, MD, and I present cases in a confidential small-group every other week. At some point I may be presenting your case (minus your last name) to this supervising team. Tell me if this is a problem.

(Over)

Vacations, Holidays, Training Events:

When these events in my practice conflict with our regular meeting days, I will ask to reschedule our meeting to fit within that same week.

Confidentiality:

State and federal laws support your right to have a confidential relationship here, and no information about your presence will be released to any party (except my supervision group) without your written permission. There are two laws which disrupt this: (1) in case of child abuse, reported to me by the child him or herself, I must notify Child Protective Services; and (2) in case you report a clear intent to harm others, I must notify the police.

Computerized Testing:

In order to monitor your own perception of your progress, testing is available. These tests are simple to conduct, needing just a few minutes of your time. There is a \$25 fee for this service per incident of testing, but it is another way for you to indicate how successfully we are working together. Written tests to identify elements of your relationship style with others are also available at a fee of \$125 for one such test and its interpretation.

Progress:

You have the right to know what diagnosis you have been given, and your treatment plan here. It is important that you keep me informed about your observations of progress, or the lack of it, in this work. Remember that while I am responsible for the professional conduct of this therapy hour, you yourself are in charge of what issues you present, and how you will pursue them in the course of your life.

Payments and Health Insurance:

Each health insurance policy has unique standards about eligible service providers, the number of visits they will support, deductible costs, and appropriate fees for services. I will submit insurance forms for you, but you must be responsible to pay in full for your services and work out with the company various rulings that they make regarding payments.

Follow-up After this Work:

On occasion I phone clients sometime after their discharge here, to ascertain the impact of our work together. If you would be uncomfortable with this, just let me know and it won't occur.

Referring Others Here:

My most consistent sources of referral are current or former clients who often send friends or relatives. This is of course appreciated, but it can on occasion pose a difficult problem if your issues and theirs overlap. Please mention this to me if you do intend to make such a referral.

Public Speaking and Training:

I do speak on topics about individual, couple, and organization functioning which might be relevant to your workplace, church, or service club. Please inquire if interested.

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