

Let It Rain Psychotherapy, PLLC
Rayné Johnson, LCSW
Initial Forms for Couples
Intake

Do either of you have a previously diagnosed mental illness? (depression, anxiety, bipolar, etc.)
If so, are you on any antidepressants or mood stabilizers?

Him: _____

Her: _____

Medications

Him: _____

Her: _____

Have either of you had any of the following issues: **(circle or check all that apply)**

Childhood Sexual Abuse Childhood or Current Physical Abuse Childhood Neglect
Current Relationship Violence Legal Problems Substance Abuse Problems

What is troubling your relationship? **(circle or check all that apply)**

| | |
|---|---|
| Arguments | Low self esteem within the relationship |
| Avoiding spending time with partner | Hostility toward partner |
| Withdraw from partner | Angry outbursts |
| Resentment toward partner | Anxiety or depressed mood |
| Jealousy | Use of pornography |
| Infidelity | Yelling at partner |
| Blaming everything on other partner | Disagreements over parenting |
| Lack of sexual interactions | Financial worries |
| Critical remarks or demeaning statements toward partner | Other: _____ |
| Throwing or breaking objects during arguments | |

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Couples Informed Consent

Welcome. I am glad you both came today. I realize that at the start of psychotherapy people can be full of mixed emotions. You will have an opportunity to discuss how you feel, the issues you are having, and what you hope will change in your relationship during your course of therapy. For the moment, there are a few things I need you to know:

Nature of Therapy

Couples counseling has the best chance of effectiveness when both people work on making the relationship better. I will do my very best to help you both in the process. Therapy is often beneficial for couples in that it can increase insight and awareness, foster a deeper understanding, spur motivation, and build intimacy between you and your partner. Therapy can also be an emotionally difficult journey, one with mountain highs and valley lows. Talking about past painful problems and experiences may bring up overwhelming, distressing feelings. You may feel worse before you feel better. This is the normal course of therapy that I am happy to discuss with you at anytime. I use cognitive behavioral therapy, family systems and other modalities of therapy I believe will be most beneficial to you.

Confidentiality

As therapist I am obligated to keep your record confidential. I will not discuss your record with anyone without your written authorization. Please be advised, anything you discuss with me in the absence of your partner will be discussed with your partner. Giving you excellent psychotherapy treatment requires openness and honesty on everyone's part. I do not keep secrets.

There are some instances where I am obligated by Texas law to break confidentiality:

1. If either of you tell me you or someone you know is or was abusing a child, an elderly person or person who is disabled, by Texas law I must report this to the Texas Department of Family and Protective Services (CPS or APS).
2. If either of you tell me that you are seriously considering or planning to harm yourself or another person, I am obligated by Texas law to call 911 and/or the MHMR mobile crisis team so they can assess you for safety.
3. If a judge subpoena's your record I am obligated to release it, however you will be informed if this happens.

Please know that the waiting room used at Let It Rain Psychotherapy is used by other people and there is no way to control whether those people know you are coming in for therapy.

My email raynejohnson@let-it-rain.org is NOT secure. It is a G Suite (Google) email which means that, although emails are encrypted, there is still a risk that email communications between therapist and client could be intercepted by others. Please do not email personal information you do not want the public to know. Secure electronic communication is only through therapyappointment.com if you are an existing client and I give you a password. You must ask for the password.

Cost

Accepted forms of payment are cash, credit or debit. You must have a credit/debit card on file to be a client here. Your initial session in which you undergo a clinical assessment is \$150. The assessment will help us both understand any clinical presentation (diagnoses) you have and will direct our problem identification, goals and objectives, and then, later, the conclusion of our journey together. After the initial visit, the fee is \$100 per 50 minute session (45 or 60 minute if using BCBS, Medicare, Medicaid depending on severity of symptoms and diagnosis) for an individual, **\$125 for couples**, and \$150 for families to be paid at the beginning or end of each session. Insurance accepted is limited to BCBS, Medicare and Medicaid however, if that changes you will be informed in writing. If, when I file

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your insurance, insurance refuses to pay for the session *for any reason* you are responsible for paying the fee within the week of the insurance denial notice. If you have a different insurance I do not accept at this time, at your request you are given a receipt to file for reimbursement on your own.

Please see *Services and Fees form* for additional services offered and related fees.

Cancelation

I respectfully request **24 hours advanced notice** of your need to cancel a scheduled appointment. Notice of cancelation in less than 24 hours will result in your being charged that day for the full amount of the missed session- \$125 for no-show for regular couples visit. *There are exceptions:* HEB-ISD closes school due to snowy or icy road conditions; your illness requires hospitalization; death of an immediate family member. You will not be charged the cancelation fee within these exceptions. *Illness is not within these exceptions.*

Your Records

After each session, I record brief notes related to what was discussed, insights, progress made, and plans moving forward. Unless I am subpoenaed by a judge, this record will not be released to anyone without your written consent except what is allowed by law. Please refer to Notice Of Privacy (HIPAA). If I am subpoenaed by a judge I will inform you and we will work together to be in compliance with the court. Please know that I will ask the judge to respect the therapist-client privilege, however I can make no guarantee that he/she will agree. You have the right to request in writing your records if you wish to see them. I will make a copy of them at a cost to you of \$5 per page. We will then review them together so you understand what is written and the reason. If I believe certain parts of your record would cause you unnecessary emotional distress, I will respectfully give you straightforward reasons for why I wish to keep a portion of your records under lock and key. Rest assured that my feedback is honest and sincere. If you are unsure of my thoughts and feelings related to your progress, rather than ask for your records, please just ask me.

Emergency Contacts

I understand that emotional crises sometimes happen after hours. At this time, I am not able to be on-call 24 hours. If you have an emergency during the time I am not keeping office hours, after normal business hours, or if I am with other clients, you must call 911 or go to your nearest emergency room. Currently, when you call me and leave voicemail, I will respond within 24 hours. Please do not email or text emergencies.

Phone Calls

If you ask me to call you between sessions to discuss issues related to your therapy and we speak by phone you will be charged a fee. Calls that require psychotherapeutic consultation will be prorated per 15 minute increments at the above costs: \$25 per 15 minutes to be paid at the beginning of the call. Additional time spent after the first 15 minutes will be charged at the end of the call.

Court Appearance

I do not offer testimony in court proceedings, unless subpoenaed by a judge, for separating or divorcing couples for whom I have provided couples counseling due to conflict of interest. I have taken this stance because I strive to offer unbiased therapy as a professional, treating clinician and not as an expert witness for or against any of my clients. Should you decide to subpoena me through a judge and it cannot be quashed, your fee will be \$350 per hour with a 4 hour minimum. A fee of \$25 for paper copies of progress notes to the judge and mileage at \$.50 per mile incurred to and from the courthouse is also charged to you. These fees are due at least one week prior to court date and will be charged to your credit debit card on file. I do not give refunds.

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Termination

If at anytime in therapy either of you feel you would be better helped by another therapist, you may ask for a referral and I will give you at least one. If at some point during the course of psychotherapy I believe I am unable to help you, I will give you a referral to a therapist(s) I believe would be better able to assist you. Ideally, during therapy there will come a time when you and your partner begin getting along better, your relationship improves, and you both start to feel increased hopefulness. You may be tempted to stop therapy at that time which is understandable. I ask that you be willing to discuss termination of our therapeutic relationship before-hand so that we may use the final session to reflect, discuss what other issues the two of you could work on outside of therapy, and how to handle bumps down the road. This last session done in a meaningful way will foster positive feelings about how far you have come and help you look realistically at what to expect as you move forward.

Finally, I ask that you make your appointments a priority, be willing to try new things, take responsibility for getting along better, and give me honest feedback. I will do all that I can to ensure you get the most out of every therapy session.

By signing below, you are indicating that you have read and understand this document and agree to its terms. You will receive a copy.

Signed: _____ Date: _____

Print: _____

Signed: _____ Date: _____

Print: _____

Therapist Signature: _____ Date: _____

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ELECTRONIC PAYMENT COMMUNICATIONS DISCLOSURE

If you wish, you may pay fees electronically – through funds transfer or using a payment card -- using any of the following services:

- *TSYS or Cayan*

Please Be Aware of the Following:

We have a duty to uphold your confidentiality, and thus we wish to make sure that your use of the above payment services is done as securely and privately as possible.

After using any of the above services to pay your fees, that service may send you receipts for payment by email or text message. These receipts will include our business name, and would indicate that you have paid for a therapy session.

It is possible the receipt may be sent automatically, without first asking if you wish to receive the receipt. We are unable to control this in many cases, and we may not be able to control which email address or phone number your receipt is sent to.

So before using one of the above services to pay for your session(s), please think about these questions:

- At which email address or phone numbers have I received these kinds of receipts before?
- Are any of those addresses or phone numbers provided by my employer or school? If so, the employer or school will most likely be able to view the receipts that are sent to you.
- Are there any other parties with access to these addresses or phone numbers that should not be seeing these receipts? Would there be any danger if such a person discovered them?

In addition to these possible emails or text messages, payments made by credit card will appear on your credit card statement as being made to *Let It Rain Psychotherapy PLLC*. Please consider who might have access to your statements before making payments by credit or debit card.

I have read, understand, and agree with the above risks of paying electronically by using TSYS or Cayan and I know I have the option of paying by cash.

Client signature: _____ **Date:** _____

Print Signature: _____

Client Signature: _____ **Date:** _____

Print Signature: _____

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Notice of Risk
Consent to Communicate Electronically

Communication between sessions is sometimes necessary. The most secure way to communicate so that your confidentiality is protected is by way of phone calls. Text messaging is the next most secure way of communication because my cell phone is password protected. The least secure way of communicating with me is through email. My email is a regular email account which means it is no more secure than Google or Yahoo. The risk of destroyed privacy is high when using email. Email sent between you and I could be hacked, intercepted, and dispersed to others.

By signing below, you indicate that you have read, understand, and agree with the above notice of risk. By initialing by your preference(s), you indicate the method of contact for which you give permission.

My therapist has: (both initial preferences)

____/____ Permission to call my cell.

____/____ Permission to leave voicemail.

____/____ Permission to respond to email from me.

____/____ Permission to contact me via text.

____/____ Permission to contact me via email.

____/____ Do not contact me by any of the above means **except by *phone call***.

Signature: _____ Date: _____

Print Name: _____

Signature: _____ Date: _____

Print Name: _____

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Notice of Insurance Practices

Please be aware that when using insurance to pay for sessions, insurance companies sometimes request your psychotherapy file. Information they collect includes times/dates of your session, length of session, symptoms, diagnosis and treatment plan, general discussion points, progress and plan going forward. This is standard procedure and is used, normally, for determining how many more sessions they will continue to pay. I am obligated to comply in the event of a request to view your file. If you would rather not risk the chance of insurance requesting your file, please refer to my private pay fees:

| |
|---|
| Individual Psychotherapy Initial Session (60 minutes): \$150 |
| Individual Psychotherapy On-going Session (50 minutes) \$100 |
| Couples Counseling Initial Session (60 minutes) \$150 |
| Couples Counseling On-going Sessions (50 minutes) \$125 |
| Family Counseling Initial and On-going Sessions (60 minutes and 50 minutes) \$150 |

Both partners initial one:

____/____ (initial) I have been informed, understand, and agree to continue using insurance for my sessions.

____/____ (initial) I have been informed, understand, and no longer wish to use my insurance.

| | | |
|------------|-----------|------|
| Print Name | Signature | Date |
|------------|-----------|------|

| | | |
|------------|-----------|------|
| Print Name | Signature | Date |
|------------|-----------|------|

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Rayné Johnson, LCSW
Let It Rain Psychotherapy, PLLC
1901 Central Dr. Ste. 812 Bedford, TX 76021
NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

I am required by law to maintain the privacy of your health information. I am also required to give you this Notice about my privacy practices, legal obligations, and your rights concerning your health information ("Protected Health Information" or "PHI"). I will follow the privacy practices that are described in this Notice. If I amend this Notice, I will provide you with the amended Notice for your information and signature.

For more information about my privacy practices, or for additional copies of this Notice, please let me know your questions as soon as they arise.

USES AND DISCLOSURES OF PROTECTED HEALTH INFORMATION

Permissible Uses and Disclosures Without My Written Authorization. I may use and disclose your PHI without your written authorization for certain purposes as described below. The examples provided in each category are not meant to be exhaustive, but instead are meant to describe the types of uses and disclosures of your mental health information that are legally permissible.

Treatment: I may use and disclose your PHI to other clinicians involved in your care in order to better provide integrated treatment to you. For example, I may discuss your diagnosis and treatment plan with your psychiatrist or nurse practitioner. In addition, I may disclose your PHI to other health care providers in order to provide you with appropriate care and continued treatment.

Payment: I may use or disclose your PHI for the purposes of determining coverage, billing, claims management, and reimbursement. For example, a bill sent to your health insurer may include some information about our work together so that the insurer will pay for the treatment. I may also inform your health plan about a treatment you are going to receive in order to determine whether the plan will cover the treatment.

Health Care Operations: I may use and disclose your PHI in connection with health care operations, including quality improvement activities, training programs, accreditation, certification, licensing or credentialing activities. For, example, I may disclose disguised information about our work for training purposes.

Required or Permitted by Law: I may use or disclose your PHI when I am required or permitted to do so by law. For example, I may disclose your PHI to appropriate authorities if I reasonably believe that you are a possible victim of abuse, neglect, domestic violence, or the possible victim of other crimes. In addition I may disclose your PHI to the extent necessary to avert a serious threat to your health or safety or the health or safety of others. Other disclosures permitted or required by law include the following: disclosures for public health activities; health oversight activities including disclosures to state or federal agencies authorized to access your PHI; disclosures to judicial and law enforcement officials in response to a court order or other lawful process; disclosures for research when approved by an institutional review board; disclosures for workers' compensation claims, and disclosures to military or national security agencies, coroners, medical examiners, and correctional institutions as authorized by law.

Permissible Uses and Disclosures That May Be Made Without My Authorization, But For Which You Have An Opportunity to Object.

Fundraising: I may use your PHI to contact you in an effort to offer you new services. I may also disclose PHI to any foundation with which I am connected so that the foundation may contact you in an effort to raise money for its operations. Any fundraising communications with you will include a description of how you may opt out of receiving any further fundraising communications.

Family and Other Persons Involved in Your Care. I may use or disclose your PHI to notify, or assist in the notification of (including identifying or locating) your personal representative, or another person responsible for your care, location, general condition, or death. If you are present, then I will provide you with an opportunity to object prior to such uses or disclosures. In

the event of your incapacity or emergency circumstances, I will disclose your PHI consistent with your prior expressed preference, and in your best interest as determined by my professional judgment. I will also use my professional judgment and my experience to make reasonable inferences of your best interest in allowing another person access to your PHI regarding your treatment with me.

Disaster Relief Efforts. I may use or disclose your PHI to a public or private entity authorized by law or its charter to assist in disaster relief efforts for the purpose of coordinating notification of family members of your location, general condition, or death.

Uses and Disclosures Requiring Your Written Authorization.

Psychotherapy Notes. I will not disclose the records of our work that I keep separate from the medical record for my personal use, known as psychotherapy notes, except as permitted by law.

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Marketing Communications; Sale of PHI. I must obtain your written authorization prior to using or disclosing your PHI for marketing or the sale of your PHI, consistent with the related definitions and exceptions set forth in HIPAA.

Other Uses and Disclosures. Uses and disclosures other than those described in this Notice will only be made with your written authorization. For example, you will need to sign an authorization form before I can send your PHI to your life insurance company or to your attorney. You may revoke any such authorization at any time by providing me with written notification of such revocation.

MY INDIVIDUAL RIGHTS

Right to Inspect and Copy. You may request access to your medical records and billing records maintained by me in order to inspect and request copies of the records. All requests for access must be made in writing. Under limited circumstances, I may deny access to your records. I may charge a fee for the costs of copying and sending you any records requested.

Right to Alternative Communications. You may request, and I will accommodate, any reasonable written request for you to receive your PHI by alternative means of communication or at alternative locations.

Right to Request Restrictions. You have the right to request a restriction on your PHI that I use or disclose for treatment, payment or health care operations. You must request any such restriction in writing addressed to Rayne Johnson, LCSW. I am not required to agree to any such restriction you may request, except if your request is to restrict disclosing your PHI to a health plan for the purpose of carrying out payment or health care operations, the disclosure is not otherwise required by law, and the PHI pertains solely to a health care item or service which has been paid in full by you or another person or entity on your behalf.

Right to Accounting of Disclosures. Upon written request, you may obtain an accounting of disclosures of your PHI made by me in the last six years, subject to certain restrictions and limitations.

Right to Request Amendment: You have the right to request that I amend your PHI. Your request must be in writing, and should explain why the information should be amended. I may deny your request under certain circumstances.

Right to Obtain Notice. You have the right to obtain a paper copy of this Notice by submitting a request to Rayné Johnson, LCSW at any time.

Right to Receive Notification of a Breach. I am required to notify you if I discover a breach of your unsecured PHI, according to requirements under federal law.

Questions and Complaints. If you desire further information about your privacy rights, or are concerned that I have violated your privacy rights, please contact me at 817-874-8169. You may also file a written complaint with the Director, Office for Civil Rights of the U.S. Department of Health and Human Services. I will not retaliate against you if you file a complaint.

EFFECTIVE DATE AND CHANGES TO THIS NOTICE

Effective Date. This Notice is effective on September 2013.

Changes to this Notice. I may change the terms of this Notice at any time. If I change this Notice, I may make the new notice terms effective for all PHI that I maintain, including any information created or received prior to issuing the new notice. If I change this Notice, I will post the revised notice in the waiting area of my office and on my website at www.let-it-rain.org. You may also obtain any revised notice by asking me directly.

This is your copy. Please sign the following page.

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Rayné Johnson, LCSW
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Let It Rain Psychotherapy, PLLC
1901 Central Dr. Ste. 812 Bedford, TX 76021
NOTICE OF PRIVACY PRACTICES

ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

By my signature below I acknowledge that I received a copy of Rayné Johnson, LCSW's Notice of Privacy Practices.

Print Name: _____ Print Name: _____

Signature: _____ Signature: _____

Date of Signatures: _____

Signature of LCSW _____ Date _____

If this acknowledgment is signed by a personal representative on behalf of the client, complete the following:

Personal Representative's Name: _____

Relationship to Client: _____

For Office Use Only

I attempted to obtain written acknowledgement of receipt of our Notice of Privacy Practices, but acknowledgement could not be obtained because:

- Individual refused to sign _____
- Communications barriers prohibited obtaining the acknowledgement _____
- An emergency situation prevented us from obtaining acknowledgement _____
- Other (Please Specify) _____

This form will be retained in your medical record