

Michele Dubuisson LCSW PC
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Statement of Agreement 2021

About Psychotherapy: My approach to psychotherapy is grounded in the belief that we all have significant strengths and resilience. With the support and insight gained in therapy, we can build on these strengths while letting go of old habits, patterns and behaviors that are no longer helpful.

Therapy sessions are about you – what you choose to share, what you want to discuss, and what you want to change. In the first session, we will discuss your reasons for seeking therapy and how we might approach the process. We will develop treatment goals together. I encourage you to ask questions both in the initial sessions and throughout our work together.

Therapy also has potential emotional risks. As we explore difficult issues, you may experience uncomfortable emotions. Your regular attendance and participation in therapy will be essential to working through these issues and making positive changes. Of course, you are free to end therapy at any point, but I do ask that you inform me of your decision.

Appointments and Cancellations: Appointments are typically weekly, 50-55 minute sessions. We will negotiate the frequency of sessions based on your needs. Therapy is most effective if you are able to attend on a regular basis. I will make every effort to attend our sessions, and I encourage you to do the same.

Fees and Payment: My fee is \$165 for an individual therapy session and \$190 for couples/family sessions. This fee is payable at the time of each session. I accept check, credit card, Venmo or Zelle. I am in network with Blue Cross Blue Shield PPO insurance. If you have an “out of network insurance” plan, you are responsible for payment at time of session and seeking reimbursement from your insurance company if you choose to do so.

Please give at least 24 hours notice if you need to cancel your appointment. If you cancel less than 24 hours before your appointment, or if you fail to attend a scheduled appointment, you will be charged for the full session. If you are ill, please try to give as much notice as possible, rather than waiting until your appointment to see if you feel better.

Messages and Emergencies: I am available by phone should problems arise and am happy to talk to you. There is no fee for phone calls between sessions, less than 10 minutes in duration. Any calls that are longer than 10 minutes will be billed accordingly with your session rate (on a prorated basis) .

If you leave me a message, I am typically able to respond to your call within 48 hours. Please be advised that I am generally available to return phone calls Monday through Wednesday from 9:00 AM to 7PM and Fridays from 9am to 5pm.

If this is a matter that requires urgent attention or you are experiencing a life threatening emergency, please go to the nearest emergency room or call 911 for assistance.

Confidentiality The fact that you are a client and conversations we have will almost always be kept confidential. I will not share or discuss any information unless you give me written permission to do so, with the following exceptions:

- 1) If I believe you pose a serious threat to yourself, to someone else, or someone poses a threat to you, I am required to take protective action-this may include contacting the police, pursuing hospitalization for you or notifying the victim.
- 2) If I believe a child or elderly person is currently being abused or neglected I am legally required to report this.
- 3) If you are involved in legal proceedings and you tell the court that you are seeing me, I may then be ordered to show the court my records.

In all situations, I will limit any disclosure to what is necessary. Please also be aware that to most effectively assist you I may need outside consultation from another trained therapist. This never involves disclosure of your name or any specifics through which you might be identified, and this therapist is also bound by the same laws and rules I am to protect your confidentiality.

Though I share my office with another provider, we are otherwise unaffiliated.

IL Public Act 098-0063 (Illinois Concealed Carry) Regulations. This act became law on July 9, 2013 and provides very strict rules and requirements for those looking to carry firearms with them in public places. In accordance with Section 65: (a-10) of the Concealed Carry Law, the office of Michele Dubuisson LCSW prohibits the carrying of concealed firearms or other weapons on our properties.

Client Signature

Date

Legal Guardian (if under 18)

Date

Therapist Signature

Date

