



Angela Ferri, MA, LMT, ATMAT*, RCST*, PPE

Therapeutic Agreement

Appointments

Generally I begin by seeing new clients for 3-4 sessions in order to gain a full understanding of the client's concerns and issues, and to determine whether I am the best person to be of service. This allows you the opportunity to decide whether my method and style of work is comfortable, appropriate and helpful. The first session is an initial consultation focused on gathering and reviewing background information and answering client questions. Subsequent sessions include both body-centered dialog and somatic bodywork. The length of therapeutic process varies with each person and is dependent on many factors. These include presenting concerns and issues, prior psychotherapy and bodywork, and motivation and commitment to the healing process. All sessions are 90 minutes in length. Occasionally clients request an extended session which is arranged in advance.

Cancellations & Rescheduling

A 24-hour notice is required when canceling or rescheduling an appointment. You are otherwise responsible for payment of the session. Exceptions are made in the case of illness or emergencies. My office voice-mail is always on, and I check messages several times a day. In the event that I need to cancel or reschedule an appointment, I do my best to give you as much notice as possible.

Inclement Weather

The winter months sometimes create questionable driving conditions. If you feel unsafe in attempting to drive to my office, call and leave a message on my voice-mail as soon as possible. If I feel unsafe driving, I will likewise call you as soon as I can. If you do not hear from me you can assume I plan to meet with you. Should you need to cancel your appointment for this reason, no fee is charged. As always, I will make every attempt to reschedule your appointment promptly.

Payment of Fees

Payment by cash or check is expected at the end of each session. Sessions can be prepaid. A discount of 5% is offered for the prepayment of five or more sessions. I will provide receipts upon request.

Late Arrivals

If you arrive late for your appointments you will be seen for the time remaining. Full payment is expected.

Holidays & Vacations

I do take vacation through the year. Generally, I take some time off during the Christmas/New Year season, long weekends for Easter, Memorial Day, July Fourth, Labor Day and Thanksgiving, and a week or two in the summer. I do participate in professional training and conferences, and typically know well in advance to accommodate scheduling changes. Please let me know well in advance of your vacation dates so we can adjust sessions appropriately.

Confidentiality

The information you share on written intake forms or verbally in session is strictly confidential. If I need to consult with another helping professional about you, or you desire that I consult with another helping professional that you work with, I will have you sign a written consent form granting me permission. I do participate in professional supervision and discuss professional issues, ethics and my work with clients. In that setting, I do not use full names when discussing a client, and, at times, use an alias name to further insure confidentiality.

Intake Forms

In order for me to provide you with the best care in our therapeutic partnership, I need to know personal data about you. This data includes experiences about your past and present health, self-care choices, educational pursuits, psychology, childhood experiences, family of origin, spiritual beliefs and practices, and general interests and hobbies. This information is confidential.

Primary Therapy

Somatic bodywork is viewed as an adjunct to the primary therapy process. Some clients are referred by their psychotherapist for bodywork, while others who are not currently in therapy initiate bodywork on their own. As deeper aspects of the self emerge with somatic bodywork, it is, at times, in the best interest of the client to have the support of a depth-oriented therapist to further process and fully integrate these emerging thoughts and feelings. I therefore

reserve the right to require that a client work with a psychotherapist if in my professional judgment, I deem it both necessary and appropriate in order to proceed safely with further bodywork.

Termination

When ending a series of sessions or what has been ongoing bodywork, I ask that you let me know at least two sessions prior to the final session. Closure to the bodywork processes and the therapeutic relationship is an important part of health and growth. The advance notice allows both you and me the time to plan an appropriate and respectful closure.

I have read and discussed with Angela Ferri the above information regarding her therapeutic services, fees and policies. I understand and agree that the nature of the work I am participating in is somatic bodywork for a session fee of \$.....

Client *Date*

Angela Ferri *Date*