

Intake Information

Upper Circle Inc

Date _____

1. Identifying Information

Name _____ Partner's Name _____

Address _____ City _____

ZIP _____ Mailing Address: _____

Phone _____

Cellular

work

Home

partner work or parents

DOB _____ SSN _____ NPI _____

People living in your home _____
name, age, relationship to you

Names of All of Your Children _____
name, age, relationship to you

Employer _____ Job _____ Income _____

Other Sources & Amount of Income (disability, VA, retirement, SSI, support, etc) _____

Insurance Please provide all cards to obtain a copy of front and back of each

Name of Primary Insured _____ Their DOB _____

Employer _____

Address _____ Phone _____

Insurance Company _____ SSN _____

Group Policy Number _____ ID # _____

Co -Pay Amount _____ Deductible Amount _____ Is it met at this time? _____

Did you verify insurance benefits? _____

Name of Secondary Insured _____ Their DOB _____

Employer _____

Address _____ Phone _____

Insurance Company _____ SSN _____

Group Policy Number _____ ID # _____

Co -Pay Amount _____ Deductible Amount _____ Is it met at this time? _____

Personal Background Information

Education _____ Military _____

Hobbies, Skills, Interests _____

Spiritual or Religious beliefs _____

How are these beliefs practiced in your life _____

When did the difficulty start that you are seeing me about _____

How much is this difficulty interfering with your life _____

What is the ideal resolution for this difficulty _____

Who is there to support you? _____

Who may we thank for your referral _____

2. Presenting Problems

Describe the problem(s) that brought you here today:

Please Check any of the Symptoms that you are currently experiencing in the past 90 days:

- | | |
|--|--|
| <input type="checkbox"/> Depression | <input type="checkbox"/> Feeling Hopeless |
| <input type="checkbox"/> Extreme Sadness | <input type="checkbox"/> Feeling tearful |
| <input type="checkbox"/> Trouble Concentrating | <input type="checkbox"/> Change in sleeping habits () More () Less |
| <input type="checkbox"/> Memory problems | <input type="checkbox"/> Lack of energy |
| <input type="checkbox"/> Change in Eating habits | <input type="checkbox"/> Weight changes |
| <input type="checkbox"/> Feeling extreme happiness | <input type="checkbox"/> Change in sexual interest or function |
| <input type="checkbox"/> Unable to relax | <input type="checkbox"/> Problems getting along with family or friends |
| <input type="checkbox"/> Lack of enjoyment of usual activities | <input type="checkbox"/> Feeling Stressed |
| <input type="checkbox"/> Self-Esteem Problem | <input type="checkbox"/> Easily irritated |
| <input type="checkbox"/> Perfectionism | <input type="checkbox"/> Feeling guilty |
| <input type="checkbox"/> Obsessions or compulsion | <input type="checkbox"/> Feeling nervous |
| <input type="checkbox"/> Feeling fearful | <input type="checkbox"/> Sudden feelings of Panic |
| <input type="checkbox"/> Physical complaints of pain | <input type="checkbox"/> Muscle tension or twitching |
| <input type="checkbox"/> Problems with anger | <input type="checkbox"/> Acting violently |
| <input type="checkbox"/> Feelings Easily Hurt | <input type="checkbox"/> Isolation or withdrawal |
| <input type="checkbox"/> Substance Use | <input type="checkbox"/> Too Easily Persuaded |
| <input type="checkbox"/> Hurting or cutting on self | <input type="checkbox"/> Feeling Resentment |
| <input type="checkbox"/> Upset with children or spouse frequently | <input type="checkbox"/> Work has deteriorated |
| <input type="checkbox"/> Racing, busy, or unquiet mind | <input type="checkbox"/> Ignoring the needs or requests of partner |
| <input type="checkbox"/> Suspended or expelled from school/work | <input type="checkbox"/> Sexually promiscuous |
| <input type="checkbox"/> Missing Work or late for work | <input type="checkbox"/> Falling asleep at work or school |
| <input type="checkbox"/> No sexual interest | <input type="checkbox"/> Unable to fall asleep or stay asleep |
| <input type="checkbox"/> Thoughts about hurting yourself or others | <input type="checkbox"/> Thoughts about killing yourself or others |
| <input type="checkbox"/> Overly sensitive | <input type="checkbox"/> Dislike being alone |
| <input type="checkbox"/> Worried about health | <input type="checkbox"/> Lack of friends or support from others |

Are there any agencies involved in your life?

Have you recently experienced a traumatic event?

What were the traumatic events you experienced in your life?

3. Have you ever been in Counseling before? Yes No

Including: Family, EAP, Work Related counseling, Alcohol and Drug Counseling, Marital, Individual, Group, Diversion

When did you have counseling?

Who did you see?

What did you see them for?

Was this a good experience for you?

4. Medical Information

Who is your doctor?

What are you seeing a doctor for?

What medications are you taking?

Are you allergic to anything including medications or foods?

Do you have a VA doctor or other specialist you see?

5. Substance Use History

Do you use/have you used tobacco in any form Current Past No

Do you use/have you used alcohol Current Past No

Do you use/have you used caffeine in any form Current Past No

Do you use/have you used recreational drugs Current Past No

Which ones (circle) Meth Pot Crank Heroin Mushrooms LSD/Acid Peyote
 MDMA Cocaine Prescription Drug abuse Inhalants Steroids

When did you last use any of these substances _____

What quantity of substance did you last use _____ for how long _____

Do you currently attend AA, NA, SA, GA, ALANON or any other addiction program _____

Name of recovery programs you have participated in (please list when and where and the results)

Have you ever been in trouble legally, with family, work or church due to substances _____

Use of any other substances not listed _____

Authorization to Use and Disclose Protected Health Information

I authorize _____ to use or disclose to and from Upper Circle Inc., or its duly authorized representatives, all of the following information:

Kind of Information:

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Social | <input type="checkbox"/> Psychological | <input type="checkbox"/> Psychiatric | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> Financial | <input type="checkbox"/> Employment | <input type="checkbox"/> Educational or School | <input type="checkbox"/> Medical |
| <input type="checkbox"/> PSI - Presentence Investigations | <input type="checkbox"/> Workers Comp | <input type="checkbox"/> Probation/Parole Records | <input type="checkbox"/> Health |
| <input type="checkbox"/> Supervision Conditions | <input type="checkbox"/> Criminal | <input type="checkbox"/> Legal (court, police, polygraph, etc) | |
| <input type="checkbox"/> Child Welfare | <input type="checkbox"/> Other _____ | | |

This release is for the purpose of case planning, evaluation and treatment or _____

I understand and agree that this authorization will be valid and in effect from _____ and expires _____ or the end of supervision/treatment. I understand that after that date or event, no more of this information can be used or disclosed to the person or organization unless I sign a new Authorization like this one.

I understand that I can revoke or cancel this authorization at any time by giving written notice delivered by certified mail to all parties including Upper Circle, Inc. If I do this it will prevent any releases after the date it is received but can not change the fact that some information may have been sent or shared before that date.

I understand that I do not have to sign this authorization and that my refusal to sign will not affect my abilities to obtain treatment from the professional listed above, nor will it affect my eligibility for benefits.

I understand that I may inspect and have a copy of the health information described in this form.

I understand that if the person or entity that receives the information is not a health care provider or health plan covered by federal privacy regulations, the information described above may be redisclosed and no longer protected by those regulations.

I am completing this form to allow the use and sharing of protected health information about:

Signature of client or her personal representative Date

Printed name of client or personal representative Relationship to the client

Description of personal representative's authority

I have discussed the issues with the above client and/or his personal representative. My observations of his or her behavior and responses give me no reason to believe that this person is not fully competent to give informed and willing consent

Signature of professional
Beth Doyle, M.A., LPC
Printed name of professional Date

Upper Circle Inc
1300 Boone Rd SE
Salem, OR 97306

Beth Doyle M.A., LPC
503.391.1300

Professional Disclosure Statement

Philosophy and Approach: My theoretical foundation is humanistic and existential therapy, with cognitive-emotive-behavioral therapy and holistic energy therapy. My philosophy in treatment is that most of our present difficulties have roots in traumas from our past. When we find the root cause of the trauma, unlock the blocked energy, then dissolve and release the difficulty, then true healing can occur. We each have the capacity, wisdom, and compassion to heal our deepest traumas and to achieve our true heart's desire. We may be guided and helped by others, however, the most powerful healing occurs when we access our own deepest truth and wisdom.

Most therapy sessions focus on your self-talk, expression of self statements verbally and non-verbally, including meta-language; self-awareness, choice, problem solving, and setting goals for the present and future; focusing on responsibility, meaning of life, your strengths, limitations, self-concept, acceptance, and change. A part of our work together is on identifying & understanding the "themes" which shape and guide your experiences in life.

I will challenge you in a caring and empathetic manner to look at yourself and seek alternative options and strategies for creating and responding to your life. My goal is to assist you to alter themes or patterns which no longer work for you in order for you to create and live a more fulfilling life.

Formal Education and Training: I hold a Masters Degree in Counseling and Educational Psychology from the University of Missouri-Columbia. Major course interests were group therapy and holistic/wellness approaches. I completed the 18 month National Training Laboratory program for group therapists and organizational development specialists. I have specialized in the treatment of sexual abuse, addictions, trauma, sexuality, stress-related conditions and violence. I am licensed to conduct the Abel Assessment of Sexual Interest Screening and HeartMath.

As a Licensee of the Board of Licensed Professional Counselors and Therapists, I will abide by its Code of Ethics. To maintain my license I am required to participate in annual continuing education, taking classes dealing with subjects relevant to this profession. I regularly attend training and workshops to continue to update my skills and knowledge, I participate in organizations that increase my skills and support the work I conduct. I may substitute professional supervision for part of this requirement. I continue to participate in ongoing clinical supervision, which I will be happy to explain.

Fees: My fee is \$126.00 per 50 minute therapy session and \$60 per group therapy session; report, testimony or consultation is billed at the hourly rate. Initial appointment is \$225.00. Cash discounts are given for both individual and group therapy. Clinical Supervision is \$125 per 50 minute session. Reports for court are billed separately at \$200 per hour fee and must be paid in advance. A \$1500 Retainer for court appearances paid in advance. Unpaid balances are assessed a monthly finance charge and may be turned over to collections after 90 days. Books and treatment materials are sold individually at a separate fee from therapy fees, materials are sold for the use of client's and their families and no client is under any obligation to buy materials directly from the therapist, they are welcome to purchase materials from any store.

As a Client of an Oregon Licensee You Have the Following Rights:

- To expect that a licensee has met the minimal qualifications of training and experience required by state law;
- To examine public records maintained by the Board and to have the Board confirm credentials of a licensee;
- To obtain a copy of the Code of Ethics;
- To report complaints to the Board;
- To be informed of the cost of professional services before receiving the services;
- To be assured of privacy and confidentiality while receiving services as defined by rule and law, including the following exceptions:
 - 1) Reporting suspected child abuse;
 - 2) Reporting imminent danger to client or others;
 - 3) Reporting information required in court proceedings or by client's insurance company, or other relevant agencies;
 - 4) Providing information concerning licensee case consultation or supervision;
 - 5) Defending claims brought by client against licensee;
- To be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services.

You may contact the Board of Licensed Professional Counselors and Therapists at
3218 Pringle Rd SE #250, Salem OR 97302-6312 Phone: 503-378-5499

Client Name Printed and Signature _____ Date _____

Client Name Printed and Signature _____ Date _____

Beth Doyle, LPC Signature _____ Date _____

Provider Policy on Insurance and Billing Practices

We, your “provider,” seek to communicate in clear terms the policies at UCI that will govern the range of billing, insurance billing and collection practices. This financial policy has been established with these objectives in mind and to avoid any misunderstanding or disagreement concerning payment for professional services.

1. By scheduling and attending appointments you are entering into a therapy and business relationship with the therapist, the therapist is providing a service for which you agree to pay regardless of whether your insurance pays a full or partial payment on the service.
2. Therapy fees are adjusted on an annual basis, and notification is given to all clients.
3. Insurance contracts change over time affecting deductible, co-insurance and co-pays, with these changes come alterations in your fees due to the therapist, please be an informed consumer of your insurance plan, knowing about these changes and recognize that the therapist is not responsible for the changes in your insurance payments and your increased or decreased fees for therapy services.
4. Reports for insurance companies, disability insurance and work related reports are billed at the current hourly rate per 50 minute hour. I encourage clients to make an appointment so we can write the report together.
5. Meetings requested on your behalf with other health care professionals are billed at the standard hourly rate.
6. Your insurance may or may not cover the cost of your office visits, tests, or certain procedure codes. Non-covered and out-of-network services are the responsibility of you, the insured.
7. If you have an insurance plan in which your therapist does not participate or is out-of-network, as a courtesy this office will nonetheless file the claim on your behalf; **HOWEVER**, payment is usually at a lower percentage than for an in-network provider and you may need to pay for the therapy session in full at the time of service depending on the insurance policy.
8. We, as your provider, are a participant with numerous insurance companies, but not all. While you will be provided with the best information available, **it is your responsibility to check with your insurance company prior to the visit to verify coverage and benefits.**
9. It is *your responsibility* to ensure that any required **Pre-Authorizations** are in place and made available to your provider prior to the visit.
10. You are required to pay any deductible, co-insurance or co-pay *at the time of the visit*. If you are unsure of the amount, the full session fee will be charged. You may pay by check or cash, at this time we do not accept credit cards or medical credit cards.
11. A service charge of \$25 is assessed for all checks returned by your bank for non-sufficient funds or written on a closed account. Over-payments are sometimes held over for a future visit if you are continuing to see us. If you think a refund is due, please contact the billing office.
12. If the billing department is working on a disputed claim on your behalf, you will be financially responsible for the full fee until the dispute is settled. It can sometimes take a lengthy period of

time to resolve some disputes with insurance companies.

13. The billing department is pleased to assist you with insurance questions that relate to how a claim was filed and provide additional information the insurance carrier might need to process the claim. Specific coverage issues, however, can only be addressed between the insurance company and the subscriber of the policy. You may need to make calls directly to your insurance company to resolve payment issues or gain the information you are seeking.
14. The billing department will process some secondary insurance claims. However, any unpaid balances 60 days after the primary insurance has paid will become your responsibility. Secondary insurance claims are filed as a courtesy to you, but are ultimately your responsibility. Some insurance companies will be your responsibility to file for repayment.
15. It is your responsibility to provide us with current, correct insurance information and to bring your current card to each visit. Please provide your card at the beginning of each year. You will be financially responsible for any services received when this office has been provided with incorrect or out-dated insurance information.
16. All unpaid balances after 90 days will be considered in default. This could result in your account being turned over to a collection agency. In the event you do not pay for the services provided to you, you will be required to pay for collection costs, as well.
17. If you are on a “payment plan” or have a special arrangement made with our billing department, it is expected that you will make monthly payments as agreed upon. Payments not received according to the plan will be considered in default and appropriate collection steps could be taken. Please provide a written plan to us to bring your bill current.
18. You are responsible to pay the full fee for any scheduled appointment canceled without at least 24 business hours notice. For a Monday appointment you would need to cancel on Friday, etc.
19. Frequent late cancellations or no-shows will result in termination of therapy.
20. Finance charges and late fees will be placed against accounts that are 30 days past due and on a monthly basis until the balance is paid in full. Additional Collection fees and Attorney/Court fees will be added to bills turned over to Collections up to a fee of thirty percent of the bill including all finance charges assessed at that point in time. Please pay your bill and keep it current to avoid this situation.

I have reviewed the above policies and had all my questions answered to my satisfaction and understanding. My signature indicates I understand, agree to and will abide by these policies. I understand how the insurance and fees work. If I have insurance, I authorize Beth Doyle, LPC and UCI to release the information necessary to my insurance company to obtain payment.

Signature _____ Print Name _____ Date _____

Signature _____ Print Name _____ Date _____

UCI Office Policy Statement

Appointments and Cancellations

Appointment times are scheduled on the hour or half hour and run 45-50 minutes for standard sessions, or 60 + minutes for extended therapy sessions. Your scheduled time is reserved just for you. If you know that you need to change your appointment please call at the earliest possible time to change it. **Cancellations are required 24 hours in advance.** For Monday appointments cancellations need to be received on Friday. The therapy session fee is charged in full for appointment missed or canceled at a later time. If you fail to show to an appointment without calling at least 24 hours in advance to cancel an appointment two times and do not call within 30 days to reschedule, it will be considered that you have terminated treatment with UCI. *Please keep track of your scheduled appointment days and times.*

Length of Treatment

Individual therapy usually involves regularly scheduled weekly or bi-weekly sessions. The duration of treatment varies depending on the nature of the treatment and the individual client needs.

Description of Services

I provide psychotherapy services to clients age 5 - 95 years of age. These services include initial assessment, individual, group, couple, and family therapy. A variety of therapies addressing mind, body, spirit and emotion are available to provide relief

Telephone Calls, Texts, or Emails

You can reach me by phone when I am available, otherwise you will reach voice mail. There is no charge for **brief phone calls**. Prolonged or frequent calls will be billed at the usual rate and quarter hour increments, at the rate of \$45. I do not accept text messages. Emails to schedule appointments are an acceptable manner of contacting me and to share information. Email is not a proper method for us to discuss important and sensitive personal issues.

Emergencies

The scope of my practice does not permit me to respond to calls outside regular hours except by prior arrangement. I do not provide crisis or emergency services or constantly check my voice mail. If you need immediate support before I am able to return your call, I recommend you call one of the 24 hour crisis lines such as Marion County Crisis at 503.581.5535 or 911.

Fees and Payments

My fee is \$126 for a 45-50 minute session, \$189 for a 60 -85 minute session and \$225 for the initial appointment. I ask that you pay in full at each session. Your office visits may be partially covered by mental health provisions in your health insurance policy. It is your responsibility to verify coverage by your insurer. If I am a provider in your health care insurance, you are only responsible for the deductible, co-insurance and co-pay, as well as the initial session at the \$225 rate. If I am in-network with your insurance you will receive a statement that you can provide to your insurer to obtain reimbursement and will need to pay the full fee at each session.

Methods of Payment

Payment: Full payment on the day of services allows us to avoid clerical costs for paperwork, billing and postage. ***Insurance co-payments, co-insurance and deductibles are due the day of service.*** A \$20 clerical fee will be added if we have to bill you for these fees.

Insurance: As a courtesy insurance billing will be submitted without a charge to your primary insurance. Secondary billing may be submitted to a select number of insurance companies, please verify with us if your company is one of those and be very certain which company is primary. Any errors in submitting to insurance based on your determination of primary and secondary insurance will be your financial responsibility. Any insurer not paying within 90 days of submission of the bill will be treated as past due and you will be informed and asked to contact your insurance company accordingly. Please understand that **insurance is your coverage**, not ours, and we cannot guarantee any payments from your company or any financial liabilities. After 90 days we reserve the right to send your bill to collections if no prior agreement has been made. *You will also be responsible for all legal and collection fees.*

Confidentiality

State Law protects confidentiality between a client and counselor with some exceptions. If I am ethically or legally bound to breach confidentiality I would attempt to do so with your understanding and input.

Exceptions to Confidentiality: harm to self or others; custodial and non-custodial parents have access to information equally; insurance may inspect your file; compelled records for a subpoena; court hearing where records are involved.

With Children under 18:

When I work with children I let them know that I may share specific information at my discretion with their parents/guardian/caregiver if there is a serious concern or danger of them being harmed by another. I like to meet with the child alone, without meeting with the parents at the same time before or after the session. Parents are welcome to meet with me after every three - four sessions with their child to discuss updates and changes and assess the progress of therapy.

HIPPA

UCI is compliant with HIPPA. A privacy policy is available to you on-line or in the office. Signing this document indicates that you understand your records are private unless you sign a release of information.

Ethical Guidelines

It is my commitment to conduct a relationship with you abiding by the highest ethical and professional standards, as specified by American Counseling Association Code for therapists. Please be assured that I view the purpose of the therapist -client relationship to exist solely to enhance the client's welfare and the achievement of therapeutic goals.

Accordingly, boundaries, including physical and emotional, will be respected at all times. When we create treatment goals we will discuss the scope of our relationship. Please understand that I can only be your therapist. I cannot have other roles in your life such as friend, romantic partner or become a client of your work or services. Be assured that any contact you have with a therapist or physician should be free of sexual contact, dating, sexual pressure and any violations should be reported.

Access to Information

You have every right to be fully informed about your treatment. I urge you to ask any questions.

Informed Consent

The first session is used for gathering information and discussing any questions you may have regarding the policy and procedures. In this initial session I will want to know as much as possible about the specific problems you need help with in addition to the forms you filled out. I need all of this information to develop a complete understanding of how I may help you. We will discuss your goals, a plan, the anticipated benefits and risks, and projected prognosis and outcome. Since therapy is a process, it is not always possible to predict just exactly how long your particular problem will take to resolve. Please be sure to discuss these matters with me so I can let you know what treatment methods may be used in your specific case.

During the course of therapy it is common for issues to arise that create discomfort. Clients new to therapy are often surprised when unexpected feelings or memories emerge which may be confusing or uninvited. Problems may temporarily worsen before they get better. In therapy, major life decisions are sometimes made, including calling into question some of your beliefs and values. You may recall unpleasant memories, or feelings that may bother you at home, or work. Your emotional experience may seem too intense to deal with at this time; you may not accept or forgive yourself; family secrets may be told and therapy may alter your relationships or lead to life changing decisions. This may or may not be the process you experience during your healing. These are but some of the “risks” that the psychotherapeutic process may generate. If questions or concerns come up for you at any time during the counseling process, I encourage you to discuss them with me immediately.

Please be sure to ask me any questions you may have about any of the treatment methods we may be using. It is my intention to have a very open and honest therapeutic relationship, which requires that you be informed about where we are starting from and where we are going at each step in the process. Please make me aware of your spiritual beliefs so that our work can include your beliefs.

Please sign below to show that you have read and understand this *Informed Consent Statement*. I consent to participate in therapy and may voluntarily withdraw from therapy at any time. I will give a minimum of 24 hour notification for any appointments I must cancel due to conflicts or illness. I understand that if I do not I will be liable for costs for the appointment. I authorize the release of any medical or other information necessary to process this claim. I also authorize payment of medical benefits directly to the provider. I also agree to pay for all services received at time rendered unless payment options have been mutually agreed upon in writing.

I have read and understand the policies described and agree to these policies. I have received the Professional Disclosure Statement (PDS), Office Policy Statement, Provider Policy on Insurance and Billing Practices and have had my questions fully answered to my satisfaction.

Signature

Printed Name

Date

Beth Doyle, LPC

Date