Centers for Family Change: Client Fact Sheet

The length of your therapy session:

The Centers for Family Change therapists utilize **a 45 minute session**. The remainder of the hour is set aside for your therapist to write a treatment note, return any clinical phone calls, and engage in treatment planning.

If there are important or pressing issues that you want to address please be sure to bring them to your therapist's attention at the start of the session.

Your therapist will start to wrap up the session: summarizing, planning for the next session, and scheduling your next appointment after 40 minutes.

If you feel the need for additional time please talk to your therapist about scheduling more frequent sessions. However, please be sure to check your insurance. Not all insurance carriers will cover two sessions a week. Thus, you may be responsible for payment for additional sessions.

We appreciate your cooperation in adhering to a 45 minute session.

Insuring a Good Fit Between You and Your Therapist

Centers for Family Change therapists have a broad range of experience and expertise. However, there are areas or problems that fall outside our expertise. In addition, our philosophy and approach to therapy may not be the best fit for everyone. When you meet with your therapist it may turn out that you or the therapist may conclude that you are not well matched. Therefore, you may request another referral or your therapist may decline to continue treatment with you and offer you other referrals. Our goal is to help you find a therapist who is a good fit for you.

Payment issues

Payment at the Time of Service is expected!
The Centers for Family Change accepts **checks and cash**.
Please be sure to have your payment ready for your therapist.

There is an option that you can pay for services using PayPal. However, you need to discuss this with your therapist before proceeding.

It is the Centers' policy to request that co-payments and co-insurances be made at each session. We appreciate your cooperation in this matter.

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