

WELCOME TO PSYCHOTHERAPEUTIC RESOURCES

Psychotherapeutic Resources does not discriminate in access to services due to race, creed, sex, national origin or handicap. Additionally, it is the policy of this clinic to provide quality services in an ethical, competent manner. If a client questions the services s/he has received, s/he is encouraged to immediately contact the therapist.

Please see “Notice of Privacy” at www.yourcaringresource.com

Emergencies: We respond to emergencies which occur during our office hours. One of our professional staff at Psychotherapeutic Resources (who may or may not be your assigned therapist) will assist you. If you call when the office is closed, you will be directed to go to your nearest emergency room, call the St. Cloud Hospital (320-251-2700) and ask for the Behavioral Access Nurse or call 911.

Assessment and Treatment: Your therapist will first do a mental health assessment and then make recommendations for treatment. With your input, a treatment plan, which you will be asked to sign, will be formulated indicating diagnosis, prognosis, length of treatment, goals and strategies.

There are different approaches to different problems. It is your right to choose the approach with which you are the most comfortable. All of our therapists strive to deliver care in the most efficient, least expensive and least restrictive manner. You always have the right to request another therapist or an alternative form of therapy. Your therapist also has the right to decide if it is an appropriate fit and within his/her competency to treat. If it is determined that counseling with your therapist will not continue, your therapist will assist you in a referral.

Therapy Risks/Benefits: Therapy often leads to better relationships, solutions to specific problems and significant reduction in feelings of distress. Since each individual is unique, there can be no guarantees.

The therapy contract is about change. As in any change process an individual may experience discomfort/pain. Emotional pain may also intensify because of the subject matter discussed. Individuals may feel worse before they feel better. Also, when one person changes it may cause discomfort for others around him or her which could cause a strain in one’s relationships. We are skilled in involving family members to minimize these negative effects if and when they occur.

Other specific types of therapies may have other known risks. For example, certain therapies which assist you in remembering the past may have a potential side effect of creating memories which may not be accurate or literally true. Discuss any concerns with your therapist.

Limits on Confidentiality

- It is unethical and unlawful for staff members not directly involved in your care to access your private health information. Psychotherapeutic Resources employs many administrative staff. Protected information may be shared with these individuals for clinical and administrative purposes, such as scheduling and billing. All of the mental health professionals and administrative staff are bound by rules of confidentiality. Staff members are trained about protecting your privacy and have agreed not to release any information without your written consent (called a “Release of Confidential Information”).
- As required by law, PR has a formal business associate contract with these individuals in which they promise to maintain the confidentiality of this data except as specifically allowed in the contract or otherwise required by law. PR has contracts with typists, a collection agency, a record storage facility and an accountant.
- There are a few exceptions to this. We are MANDATED REPORTERS, and by law, we must make a report if we hear that a child has been or is currently being abused or neglected. We must also break confidentiality if we believe that you are in imminent danger of harming yourself or another person.
- At times it is helpful to consult with other providers. Those providers are also legally bound to keep the information confidential. When other professionals are consulted, every effort is made to not reveal the identity of the client being discussed. All consultations about your care will be noted in your Clinical Record.
- You have a right to request restrictions on the use and disclosure of your protected health information (PHI) for treatment, payment and health care operations or to family members. We will accommodate reasonable requests. Once we have agreed to a restriction, we may not violate the restriction, however, PHI may be provided to another health care provider in an emergency treatment situation.