

Sydney Paver, Ph.D., P.L.L.C.  
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Licensed Psychologist

## **Patient Information and Agreement**

### Description of Professional Services

Psychological services may include the following: Initial Evaluation, Consultation, Individual, and/or Couples Psychotherapy. Telephone consultations may be necessary on occasion. The goal of Psychological services is to promote healthy individual and relational functioning in all domains, including cognitive, behavioral, social and emotional. The aim of the provider of psychological services is to use professional training and experience to promote developmental competence and social-emotional adjustment.

### Appointments

Unless otherwise discussed, appointments last 50 minutes. Prior to the first visit, you are asked to complete forms that provide important information for the first meeting.

### Length of Psychotherapeutic Treatment

Psychotherapy may be relatively brief (6 sessions or less), however, this is not usually the case. After a diagnostic assessment, psychotherapy may or may not be one of the recommendations. If a patient engages in therapy, a treatment plan is devised based upon goals that are collaboratively developed. Evaluation of treatment goals leads to decisions about the length and expectations of the treatment.

### Client History

For purposes of therapy it is often important to assess current functioning in light of personal and family history. Questions may be asked about individual and family social, medical, psychiatric, and psychological history.

### Confidentiality

Professional ethics and state law require complete confidentiality of information shared as a result of psychological services rendered. Cases will not be discussed with anyone without written consent from adults and parents of minor patients,

except as follows: 1. If contact reveals that the patient is a danger to self or others; 2. If child or elder abuse is suspected; 3. To insurers if you have given your permission, for the purpose of a claims payment; 4. To mental health professionals who are in practice with the provider for the purpose of “taking call” for the provider when she is unavailable or for purposes of hospitalization or for emergency psychiatric services; 5. To mental health professionals in the context of peer and facilitated supervision; 6. As required by state regulations.

### Cancellation and Missed Appointments Policy

**Patients are expected to notify Dr. Paver 24-hours in advance if they cancel.** Missed appointments or those cancelled with less than 24-hours notice are charged at the session rate. This fee can be paid by mail or at the next appointment.

### Payment for Professional Services Rendered

Payment is required at the time of services rendered, unless prior arrangements have been made. Payment can be made by cash, check, or card. There will be charges for telephone contacts. Fees will be charged for letters, copies, and/or reports requested. There will be no charge for records sent to another mental health professional. Charges for travel time may be included in an out-of-office consultation.

### Insurance

Dr. Paver will provide patients with a receipt with the information necessary to file a claim. She is not an in network provider for any insurance panels.

### Ethical and Professional Standards

The ethical guidelines and practice standards published by the American Psychological Association are adhered to in this practice. The practice of psychology is regulated by the Texas State Board of Examiners of Psychology.

### Patient Questions

Patients or parents of minor patients are encouraged to directly address any and all questions about service to service provider, Sydney Paver, Ph.D., P.L.L.C. Questions about consumers’ rights may be addressed to the Texas State Board of Examiners of Psychology.

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Patient Signature

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Date