

# Shibley Psychology

2333 1<sup>ST</sup> AVENUE, SUITE 107  
SAN DIEGO, CA 92101

619.307.9346  
ADMIN@SHIBLEYPSYCHOLOGY.COM

## PERSONAL DATA

### Patient 1:

First, Middle, Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Address: \_\_\_\_\_  
Number Street City Zip Code

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Calls will be discreet, but please indicate any restrictions: \_\_\_\_\_

E-mail: \_\_\_\_\_

Employer: \_\_\_\_\_ Job/Position: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship to You: \_\_\_\_\_

Name of Primary Care Physician: \_\_\_\_\_

Health Problems: \_\_\_\_\_

Medications? \_\_\_\_\_

Name of Psychiatrist: \_\_\_\_\_

Who referred you to me? \_\_\_\_\_

May I have your permission to thank this person for the referral? \_\_\_ yes \_\_\_ no

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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## Patient 2:

First, Middle, Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Address: \_\_\_\_\_  
Number Street City Zip Code

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Calls will be discreet, but please indicate any restrictions: \_\_\_\_\_

E-mail: \_\_\_\_\_

Employer: \_\_\_\_\_ Job/Position: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship to You: \_\_\_\_\_

Name of Primary Care Physician: \_\_\_\_\_

Health Problems: \_\_\_\_\_

Medications? \_\_\_\_\_

Name of Psychiatrist: \_\_\_\_\_

Who referred you to me? \_\_\_\_\_

May I have your permission to thank this person for the referral? \_\_\_ yes \_\_\_ no

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Consent for Treatment & Business Policies

This document contains important information related to my professional services and business policies. Please read it carefully. Questions related to this agreement can be discussed at any time. When you sign this document, it will represent an agreement between us. The information provided herein regarding my policies for protecting the privacy of confidential medical information is provided as required by law.

### Psychological Services

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and patient, and the particular problems you bring forward. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for the therapy to be most successful, you will have to consider the things we talk about both during and between our sessions.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress.

Our first few sessions will involve an evaluation of your needs. By the end of the evaluation period, I will be able to offer you some initial impressions of how our work together would be helpful and some of the difficulties that we would address if you were to decide to continue with therapy. You should evaluate this information along with your own impressions of whether you feel comfortable working with me. If you have questions or concerns about our work together, we can discuss them whenever they arise. If you decide at any time that our work together is not satisfactory, I would be happy to help you determine the best course of action to take, e.g., stopping treatment altogether or beginning treatment with another mental health professional.

### Sessions

I normally conduct an initial evaluation that will last from 3 to 5 sessions. The first session, you and your partner will come together. We will discuss a little bit of your relationship history and what brings you in to see me. The following sessions, I will meet individually with each of you. During these sessions, my goal is to get to know you as an individual, learn a little bit about your family and relationship background, and understand your problems within the context of your relationship. By meeting with each of you separately, it will allow me to get a more holistic picture of how each of you functions independently and within your relationship. Following these individual sessions, we will all meet again and I will offer you my impressions. We will then discuss your goals and develop a treatment plan. Sometimes I recommend individual therapy for one or both of you, in addition to or in lieu of couples' therapy. Some other times, I think couples' therapy alone is the best approach. The length of our work together will depend on many factors. Sometimes, all it takes is learning how to better communicate with each other. Some other times, certain situations that have caused damage to the relationship need to be worked through, and this is not typically done in a handful of sessions.

### Professional Fees

My fee for a 60-minute couples' psychotherapy session is \$150. In addition to regular appointments, I charge this amount for other professional services you may need, though I will break down the hourly cost if I work for periods of less than one hour. Other services may include report writing, extended telephone conversations, attendance at meetings with other professionals you have authorized, preparation of records or treatment summaries, and the time spent performing any other service you may request of me. If you become involved in legal proceedings that require my participation, you will be expected to pay for my time at my hourly rate (\$150). I will always try to let you know of any charges before you incur them.

### Billing and Payment for Services

Unless otherwise agreed upon, payment is expected at the time of service. We accept payment in cash, check, or major credit cards. If making payments by check, please pay to the order of Shibley Psychology. There is a 3.5% fee for credit card transactions.

If your account has not been paid for more than 60 days and arrangements for payment have not been agreed on, I have the option of using legal means to secure the payment. This may involve hiring a collection agency or attorney or going to small claims court which will require me to disclose otherwise confidential information. In most collection situations, the only information I release regarding a patient's treatment is the name, the nature of services provided, and amount due. (If such legal action is necessary, its costs will be included in the claim).

### Insurance Reimbursement

If you have a health insurance policy, it will usually provide some coverage for mental health treatment. If you plan on billing an insurance company for your sessions, you will need to complete the "Insurance Reimbursement" form listed on our website. If I am not in network with your insurance plan, I can provide services and bill your insurance as an Out of Network Provider. I can fill out forms and provide you with whatever assistance I can in helping you receive the benefits to which you are entitled. I encourage you to call your plan administrator and find out what your plan covers and the extent of your benefits. Keep in mind that you are ultimately responsible for any fees not covered by your insurance provider.

You should be aware that most insurance companies require you to authorize me to provide them with a clinical diagnosis. Sometimes I have to provide additional clinical information such as treatment plans or summaries. This information will become part of the insurance company files and will probably be stored in a computer. Though all insurance companies claim to keep such information confidential, I have no control over what they do with it once it is in their hands. I will provide your insurance company with only the information required in order to meet their administrative needs. It is important to remember that you always have the right to pay for my services yourself to avoid the issues described above. Any insurance payments will be processed under the name Shibley Psychology and any co-pays will be collected at the time of service.

## **Cancellation Policy**

Once an appointment hour is scheduled, you will be expected to pay for it unless you notify us of your need to cancel **24 hours** prior to your scheduled appointment (e.g. for a 9am Wednesday appointment, you must cancel before 9am on Tuesday. For Monday appointments, you must notify us by Friday). It is important to note that insurance companies do not provide reimbursement for “no shows” or cancelled sessions. In the event that you incur a “no show” or “late cancellation” fee, you are responsible for the total amount of the billed charges (up to the allowed amount contracted with your insurance plan, if applicable).

## **Professional Records and Confidentiality**

### **How the information in your record is utilized**

The laws of California and the standards of my profession require that I keep treatment records. The information in your medical record is utilized in a number of ways. I use it to plan your treatment and keep a record of the significant issues that we address in treatment. I also use the information to coordinate your treatment with other professionals or to provide information to significant others or family members; information is only provided to those that you have given me permission in writing to communicate with regarding your treatment.

Information in your medical record may also be required by your insurance company or health plan so that the treatment you receive from me can be paid for by the insurance company or health plan. For example, I may need to provide information about a service you received, or I may be required to provide information prior to treatment so that your plan will cover the treatment. In these cases, only information required for payment is provided to the insurance company or health plan. By signing this Consent, you authorize me to provide information to your insurance company as needed for payment for services.

**In general, the law protects the privacy of all communications between a patient and a psychologist, and I can only release information about our work to others with your written permission.**

### **Exceptions to your Confidentiality**

There are some situations where I am permitted or required to disclose information without either your consent or Authorization, and in general, I will provide information from your record when required to do so by local, state, or federal law.

- If your insurance coverage pays for any of the costs of your therapy, you are giving your consent for information such as your diagnosis and appointment dates to be shared with your insurance company. I will provide your insurance company with the minimal amount of information required.
- If you are involved in a court proceeding and a request is made for information about the professional services that I have provided you and/or the records thereof, such information is protected by psychologist-client privilege law. I cannot provide any information without both of your (or your legally-appointed representative's) written authorization, a court order, or compulsory process (a subpoena) or discovery request from another party to the court proceeding where that party has given you proper notice (when required) has stated valid legal grounds for obtaining PHI, and I do not have grounds for objecting under state law (or you have instructed me not to object). If you are involved in or contemplating litigation, you should consult with your attorney to determine whether a court would be likely to order me to disclose information.
- If an agency of the government requires the information for supervision of health activities, I may have to provide it.
- If a client files a complaint or lawsuit against me, I may disclose relevant information regarding that client in order to defend myself.
- If a client files a worker's compensation claim, I must, upon appropriate request, disclose information relevant to the claimant's condition to the worker's compensation insurer.

There are also some situations in which I am legally obligated to take action to protect others from harm, even if I have to reveal some information about a patient's treatment.

- If I believe that a patient poses a serious risk to someone, I am required to take protective actions. These actions may include notifying the potential victim, contacting the police, or seeking hospitalization for the patient.
- If the patient threatens to harm him or herself, I may be obligated to seek hospitalization for him or her or to contact family members or others who can help provide protection.

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- If a patient reveals information related to the abuse or neglect of a child, dependent adult, or elderly person, I am required by law to report this to the appropriate authorities. This includes instances when material has been accessed, streamed, or downloaded where a child is engaged in an obscene sexual act.

If a situation occurs that requires that I share information without your written permission, I will make every effort to fully discuss it with you before taking any action. In order to release any information to another party, I will ask that you sign an *Authorization to Release Information*. You may revoke your *Authorization* at any time.

## Contacting Me

In addition to my office number, I have a direct line, which I answer during business hours while I am not with a patient. That number is (805) 947-0439. If I am not immediately available by telephone, you can leave a confidential voicemail. I will make every effort to return your call as soon as possible, and typically on the same day you make it, with the exception of weekends and after hours. If I will be unavailable for an extended time, I will let you know as far in advance as feasible and I will encourage you to contact my supervisor (Dr. Mariela G. Shibley) should you need assistance during my absence.

If you feel that you can't wait for a return call or if it is an emergency, you can contact the San Diego Access and Crisis Line (1-800-479-3339) or go to the nearest emergency room and ask for the psychologist or therapist on call. If you are in a medical emergency, call 911.

**Important Note:** Though email, voicemail, and text messages are frequently used modes of communication and may be used to contact me, they are NOT considered confidential. I cannot assure or guarantee your privacy when these forms of communication are used. If you have questions or concerns about this, please make sure to bring them to my attention so that we can discuss a sufficient plan for communicating.

## Licensure Status

Although I hold a doctoral degree in Clinical Psychology, I am not yet licensed to practice independently in California. Consequently, I work under the supervision of a licensed clinical psychologist, Dr. Mariela G. Shibley. If you ever need to contact her to discuss our work together, please feel free to do so. She can be reached at (619) 929-0256.

## If I Need to Contact Someone About You

If there is an emergency during our work together, or I become concerned about your personal safety, I am required by law and by the rules of my profession to contact someone close to you - perhaps a relative or close friend. I am also required to contact this person, or the authorities, if I become concerned of you harming someone else. Please write down the name and information of your chosen contact person in the blanks provided:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

**Your signature below indicates that we have reviewed the information contained in the Consent for Treatment & Business Policies document, that you have received a copy of the document, and that you agree to abide by its terms during our professional relationship.**

I understand that no specific promises have been made to me by this therapist about the results of treatment. I have read and discussed the points addressed in the Consent for Treatment and have had all of my questions fully answered. I hereby agree to enter into therapy with Dr. Viviana Galindo, and to cooperate to the best of my ability, as shown by my signature here.

### Patient 1:

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Printed name: \_\_\_\_\_

### Patient 2:

Signature: \_\_\_\_\_

Printed name: \_\_\_\_\_

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## Information About your Clinician's Licensure Status

I want to provide you with information about the licensure status of the clinician that you will be seeing here at Shibley Psychology. Your therapist is Dr. Viviana Galindo, Psy.D. and she works within my practice as a Psychological Assistant. As such, I supervise her work and she is an employee of my practice.

If you have any concerns at any time regarding any aspect of your treatment, please feel free to contact me. I would be happy to discuss your concerns and remedy any problems that may arise.

Thank you,



Mariela G. Shibley, Psy.D.  
Licensed Clinical Psychologist, CA Lic. # PSY 23239

I acknowledge receipt of the information provided above:

-----  
Signature

-----  
Name

-----  
Date

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## Fees and Financial Agreement

**Standard Fees:** Individual Psychotherapy, per session: \$125  
Couples/Family Psychotherapy, per session: \$150  
Psychological Testing/Evaluation, per hour: \$150

By signing below, I agree to pay a fee of \$\_\_\_\_\_ per hour to Shibley Psychology for services provided. I understand that this fee is subject to change, and that any change in fee will be as mutually agreed upon. I understand that my fee is subject to periodic review, particularly if my financial situation changes and I am paying a reduced fee. I agree to pay for services at the time they are provided, or as frequently as mutually agreed upon. If I am utilizing my health insurance to pay for these services, I hereby assign any payments from my health insurance provider to Shibley Psychology.

I agree to be responsible for any charges not covered by my health insurance. I understand that my health insurance cannot be billed for missed appointments and that I am solely responsible for the full session amount for appointments missed or those cancelled without providing **24 hours notice**, emergencies excepted.

**Initials:** \_\_\_\_\_

I request an appointment reminder to be sent 48hrs prior to my scheduled appointment via **text** to this number: \_\_\_\_\_

### Credit Card Information

A current credit card number must be on file at all times (provided below). Your credit card will only be used to pay for missed appointments, late cancellations, and unpaid balances. Payment by cash or check is due at the time of your appointment. All paid invoices are emailed to the cardholder at the time of charge.

The credit card to remain on file is:

Please check one:  MasterCard  Visa  American Express

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Billing address: \_\_\_\_\_

Number, Street

City, State, Zip Code

I authorize Shibley Psychology to charge my credit/debit card for any missed appointment fees, late cancellation fees, and/or unpaid balances. I understand that I am responsible for all charges.

**Signature of cardholder:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

## CALIFORNIA NOTICE FORM

### Notice of Psychologists' Policies and Practices to Protect the Privacy of Your Health Information

**THIS NOTICE DESCRIBES HOW PSYCHOLOGICAL AND MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.**

**I. Disclosures for Treatment, Payment, and Health Care Operations:** I may use or disclose your protected health information (PHI), for certain treatment, payment, and health care purposes without your authorization. In certain circumstances, I can only do so when the person or business requesting your PHI gives me a written request that includes certain promises regarding protecting the confidentiality of your PHI.

To help clarify these terms, here are some definitions:

**"PHI"** refers to information in your health record that could identify you.

**"Treatment and Payment Operations"**

**"Treatment"** is when I provide or another healthcare provider diagnoses or treats you. An example of treatment would be when I consult with another health care provider, such as your family physician or another psychologist, regarding your treatment.

**"Payment"** is when I obtain reimbursement for your healthcare. Examples of payment are when I disclose your PHI to your health insurer to obtain reimbursement for your health care or to determine eligibility or coverage.

**"Health Care Operations"** is when I disclose your PHI to your health care service plan (for example your health insurer), or to your other health care providers contracting with your plan, for administering the plan, such as case management and care coordination.

**"Use"** applies only to activities within my office such as sharing, employing, applying, utilizing, examining, and analyzing information that identifies you.

**"Disclosure"** applies to activities outside of my office such as releasing, transferring, or providing access to information about you to other parties.

**"Authorization"** means written permission for specific uses or disclosures.

**II. Uses and Disclosures Requiring Authorization:** I may use or disclose PHI for purposes outside of treatment, payment, and health care operations when your appropriate authorization is obtained. In those instances when I am asked for information for purposes outside of treatment and payment operations, I will obtain an authorization from you before releasing this information. I will also need to obtain an authorization before releasing your psychotherapy notes. "Psychotherapy notes" are notes I have made about our conversation during a private, group, joint, or family counseling session, which I have kept separate from the rest of your medical record. These notes are given a greater degree of protection than PHI. You may revoke or modify all such authorizations (of PHI or psychotherapy notes) at any time; however, the revocation or modification is not effective until I receive it in writing.

**III. Uses and Disclosures with Neither Consent nor Authorization:** I may use or disclose PHI without your consent or authorization in the following circumstances:

a. **Child Abuse:** Whenever I, in my professional capacity, have knowledge of or reasonably suspect that a child has been the victim of child abuse or neglect, I must immediately report such to Children Protection Services (CPS). Also, if I have knowledge of or reasonably suspect that mental suffering has been inflicted upon a child or that his or her emotional wellbeing is endangered in any other way, I may report such to CPS as well.

b. **Elder or Dependent Adult Abuse:** If I, in my professional capacity, have observed or have knowledge of an incident that reasonably appears to be physical abuse, abandonment, abduction, isolation, financial abuse or neglect of an elder or dependent adult, or if I am told by an elder or dependent adult that he or she has experienced these or if I reasonably suspect such, I must report the known or suspected abuse immediately to Adult Protective Services (APS) or the local law enforcement agency.

**I do not have to report such an incident if:**

i. I have been told by an elder or dependent adult that he or she has experienced behavior constituting physical abuse, abandonment, abduction, isolation, financial abuse or neglect;

ii. I am not aware of any independent evidence that corroborates the statement that the abuse has occurred;

iii. the elder or dependent adult has been diagnosed with a mental illness or dementia, or is the subject of a court-ordered conservatorship because of a mental illness or dementia; and

iv. in the exercise of clinical judgment, I reasonably believe that the abuse did not occur.

c. **Health Oversight:** If a complaint is filed against me with the California Board of Psychology, the Board has the authority to subpoena confidential mental health information from me relevant to that complaint.

d. **Judicial or Administrative Proceedings:** If you are involved in a court proceeding and a request is made about the professional services that I have provided you, I must not release your information without 1) your written authorization or the authorization of your attorney or personal representative; 2) a court order; or 3) a subpoena duces tecum (a subpoena to produce records) where the party seeking your

records provides me with a showing that you or your attorney have been served with a copy of the subpoena, affidavit and the appropriate notice, and you have not notified me that you are bringing a motion in the court to quash (block) or modify the subpoena. The privilege does not apply when you are being evaluated by a third party or where the evaluation is court-ordered. I will inform you in advance if this is the case.

e. **Serious Threat to Health or Safety:** If you communicate to me a serious threat of physical violence against an identifiable victim, I must make reasonable efforts to communicate that information to the potential victim and the police. If I have reasonable cause to believe that you are in such a condition, as to be dangerous to yourself or others, I may release relevant information as necessary to prevent the threatened danger.

f. **Workers' Compensation:** If you file a worker's compensation claim, I must furnish a report to your employer, incorporating my findings about your injury and treatment, within five working days from the date of your initial examination, and at subsequent intervals as may be required by the administrative director of the Worker's Compensation Commission in order to determine your eligibility for worker's compensation.

#### IV. Patient's Rights and Psychologist's Duties:

##### a. Patient's Rights:

i. **Right to Inspect and Copy:** You are entitled to receive a copy of your medical record unless I believe that receiving that information would be emotionally damaging. Because these are professional records, they can be misinterpreted and/or upsetting to untrained readers. If you wish to see your records or receive a copy of your records, I require written notice to that effect, and I would expect to discuss your request with you in person. If I deny you access to your records, you can request to speak with an independent colleague of mine about your request. Your request for independent review of your request should also be made in writing. If you are provided with a copy of your medical record information, I may charge a fee for any costs associated with that request.

ii. **Right to Amend:** If you believe that the information I have about you is incorrect or incomplete, you may ask me to amend that information. It is my practice to accept this sort of request in writing, and that any information you may wish to add to your record also be provided to me in written form.

iii. **Right to an Accounting of Disclosures:** You have the right to request an "Accounting Of Disclosures." This is a list of the disclosures I have made of medical record information. That information is listed on the Authorization To Release Information, and will be provided to you at your written request.

iv. **Right to Request Restrictions:** You have the right to privacy, and to request a restriction or limitation on the health information we use or disclose about you for treatment, payment or health care operations. As noted above, I will not release your confidential information without your written permission. Any restrictions to your Authorization To Release Information should be specified on the Authorization.

v. **Right to Request Confidential Communications:** You have the right to request that I communicate with you only in certain ways. For example, you can ask that I not leave a telephone message for you, or that I only contact you at work or by mail.

vi. **Complaints Regarding Privacy Rights:** If you believe your privacy rights have been violated, you may file a written complaint with me, or with an independent colleague of mine, or with the U.S. Department of Health and Human Services, 50 United Nations Plaza, Room 322, San Francisco, CA, 94102. You have specific rights under the Privacy Rule. I will not retaliate against you for exercising your right to file a complaint.

You have the right to a paper copy of this document, and you will be offered one when you sign the original for your medical record. I reserve the right to change my policies as outlined herein. If they change, you will be informed of that change and will provided with a copy of the current document if desired.

##### b. Psychologist's Duties:

i. I am required by law to maintain the privacy of your PHI and to provide you with a notice of my legal duties and privacy practices with respect to PHI.

ii. I reserve the right to change the privacy policies and practices described in this notice. Unless I notify you of such changes, however, I am required to abide by the terms currently in effect.

iii. If I revise my policies and procedures, I will provide you with a revised notice either in person or by mail.

V. **Agreement to Arbitrate:** It is understood that any dispute as to psychological malpractice, that is as to whether any psychological services rendered under this contract were unnecessary or unauthorized or were improperly, negligently or incompetently rendered, will be determined by submission to arbitration as provided by California law, and not by a lawsuit or resort to court process except as California law provides for judicial review of arbitration proceedings. Both parties to this contract, by entering into it, are giving up their right to have any such dispute decided in a court of law before a jury, and instead are accepting the use of arbitration. All claims for monetary damages exceeding the jurisdictional limit of the small claims

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court against the psychologist and the psychologist's partners, associates, association, corporation or partnership, and the employees, agents and estates of any of them, must be arbitrated including claims for loss of consortium, emotional distress or punitive damages.

A demand for arbitration must be communicated in writing to all parties. Each party to the arbitration shall pay such party's pro rata share of the expenses and fees of the neutral arbitrator, together with other expenses of the arbitration incurred or approved by the neutral arbitrator, not including counsel fees or witness fees, or other expenses incurred by a party for such party's own benefit. Either party shall have the absolute right to arbitrate separately the issues of liability and damages upon written request.

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## ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

I do hereby acknowledge receipt of this office's Notice of Psychologists' Policies and Privacy Practices.

**Patient 1:**

|                    |               |
|--------------------|---------------|
| -----<br>Signature | -----<br>Date |
| -----<br>Name      |               |

**Patient 2:**

|                    |               |
|--------------------|---------------|
| -----<br>Signature | -----<br>Date |
| -----<br>Name      |               |