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Welcome to my practice. I am a doctor of Clinical Psychology. I am licensed by the state of New Jersey to practice as a professional psychologist. I receive ongoing education and training and hold several post-doctoral certifications. What follows is some essential information about psychotherapy and my policies. Please read and sign at the bottom to indicate that you have reviewed this information, and feel free to keep a copy for yourself. If you have any questions about what is written here, please do not hesitate to ask me for clarification.

Length, frequency & location of treatment: Psychotherapy typically involves regular sessions, usually forty-five minutes in length once or twice a week. How often sessions happen and how long treatment lasts varies depending on the nature of your concerns and your individual needs. Sessions may be held in person or on a secure video platform.

Regularly scheduled intervention is likely to lead to the best treatment outcomes.

Scheduling: As soon as a regular opening becomes available, I will offer you sessions on the same day(s) and time each week. Occasionally scheduling changes may be necessary to accommodate either of us. I will offer an alternative time if an opening is available that week.

The process: The process of treatment varies greatly from person to person. The first few sessions will be used to get to know each other and to determine **whether we are a good fit**. In this initial consultation phase we will try to understand the issues of concern to you and discuss ways we might approach them. I am trained to use a range of therapeutic approaches, including but not limited to contemporary psychodynamic therapy, interpersonal therapy, CBT, EMDR, mindfulness, relaxation training, and other body-based approaches. If there is any concern on either side about whether this can be a productive working relationship, it is best to voice it early on and to discuss alternative treatment options. Participation in therapy can have many benefits, including increased self knowledge, greater awareness of patterns and resources, improvement in your relationships, solutions to specific problems you attend to in therapy, and relief from symptoms of distress. For treatment to be effective, open communication is required. Consistent attendance and reflection in between sessions is also likely to increase your satisfaction with the outcome. If treatment is agreed to, there is no guarantee that the sought after relief or desired changes will occur. The treatment may be terminated by one or both of us. You have the right to withdraw at any point, and, if you wish, I will make suitable referrals to a qualified treatment provider. Psychotherapy may inspire a range of feelings as one gains access to deeper levels of awareness. Most people experience a sense of relief. Occasionally the feelings can be painful or surprising and unpredictable. While this is a normal part of the process, it is important to keep me informed so that the emotional experience does not feel too overwhelming. For most, it is a worthwhile journey.

Coordination with physicians and other care providers: Physical and psychological symptoms often interact. I encourage you to seek medical consultation if warranted. In addition, medication may sometimes be helpful for psychological problems. If appropriate, I may suggest you seek an evaluation, and with your permission, I will talk to the psychiatrist or another professional that you select. If you are already in treatment with another health professional, I will request that you provide consent for me to communicate with that person in order to coordinate our services for your maximum benefit.

Confidentiality: Information you share with me will be kept strictly confidential and will not be disclosed without your written consent. I will follow standard privacy guidelines as per HIPAA to protect the confidentiality of your treatment. I can provide a detailed Privacy Notice to you upon request. By law, however, confidentiality is not guaranteed in life-threatening situations involving yourself or others, or in situations in which children or elders are put at risk (such as by sexual or physical abuse or neglect) or when there is an appropriate court order requiring my records.

If I need to discuss your treatment with a colleague, I will disguise identifying information, and use a pseudonym. In the event I am suddenly unable to continue to provide professional services or to maintain patient records due to incapacitation or death, I have designated a trusted colleague who is a licensed psychologist to act as my Professional Executor. Under such circumstances this individual may contact you directly to inform you of my death or incapacitation and will identify themselves as such. They will be able to provide psychological services and records to you and/or to facilitate your continued care with a qualified professional if needed.

Cancellation policy: Please notify me 24 hours ahead if you must cancel an appointment, otherwise you will be charged half of your fee. Rescheduling for the same week as your cancelled session is sometimes possible if there is an opening. Please note that insurance carriers will not cover missed sessions.

Contact outside of session: If you need to speak to me in between sessions, do not hesitate to call me. When I am not available, please leave a voice message. I **check voicemail regularly and I am usually able to return calls within the day. When I call, I will always try to leave you a message. Please listen to the messages I leave you.** On occasion, we may find it useful to exchange some basic information via email. I use encrypted email to protect your health information. However, email is not the best way for us to communicate about clinical issues. Also, I do not use social media apps or texting to communicate about your care.

If there is need for emergency contact and I am not available by phone, please call your psychiatrist or medical provider or go to your local emergency room. You can also contact

- * Acute Psychiatric Services at (732) 235-5700 or (855) 515-5700
- * National Lifeline Network (800) 273-8255
- * Expecting and Postpartum families can also call NJ Family Health Line (800) 328-3838

If you have read, understood, and agree to the terms of psychological treatment detailed above, please sign below.

Print Name of person engaging in treatment

Signature

Date

Printed Name of Legal Guardian (where applicable)

Signature of Legal Guardian

Date