

Frequently asked questions about our work together:

Question: How long are psychotherapy sessions?

Answer: Psychotherapy sessions will be 50 minutes long unless we have arranged for a longer session.

Question: What happens if I need to cancel a session?

Answer: I understand that there may be times when you will need to change an appointment. I request 24 hours advance notice of cancellation or else I will need to charge you for that session (unless I am able to fill your time with another appointment). Please be aware that insurance companies will not reimburse for a missed appointment.

Question: How can I reach you? What if I need to speak with you urgently?

Answer: I do my absolute best to answer all phone calls in a timely manner. Calls received during regular business hours will be returned the same day, either during the day or in the evening. If you call after 5 p.m., I may not be able to return your call until the next business day. I do have an emergency pager number. If we work together, I will share with you how it can be used to reach me. On weekends I alternate coverage of my practice with three other psychiatrists who I trust will take excellent care of you if I am not on call. Please listen to my message carefully on the weekend to find out who to call for urgent matters that cannot wait until I am back in the office on Monday.

Question: What is your policy about confidentiality?

Answer: All interactions between us will remain confidential unless you request in writing that I release information to another party. There are certain exceptions to this statement: I am required *by law* to report suspicion of incidents of child abuse; elder and dependent adult abuse; or serious threats to harm yourself or another person that suggest that an imminent danger to life exists. While it is my legal responsibility to take action to notify the appropriate authorities in these situations (e.g. social service agencies, paramedics, or police), it is my ethical responsibility to help you through these stressful times.

Question: What if I have concerns about my treatment with you?

Answer: I always encourage my patients to discuss with me any concerns they have about our work together. Given the nature of psychotherapy, strong and sometimes conflicted feelings are bound to arise and I encourage you to share with me any feelings that might interfere with our progress. Good communication is the foundation of any successful treatment.