

Linda England, M.A. MFT
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Important Information for Our Work Together

About Therapy

Participating in therapy can help you learn new and important things about yourself and others, as well as new and better ways to communicate and relate to others, and how to better handle feelings or problems. While there are no guarantees, coming to therapy should help you feel better and produce beneficial results. You will know therapy is working when you feel less worried, afraid, anxious, angry, or alone; problems are being resolved; relationships are improving; or you come to feel better about yourself. Sometimes you may feel worse before you feel better. This is part of the therapeutic process and usually means you are more confident to face whatever you have been ignoring or hoping will go away. You are welcome to ask me about what we are doing in therapy or your progress at any time. You have the right to know generally about my experience and training.

Appointments

Therapy sessions will consist of a 50-minute hour. For therapy to be effective, therapy needs to take place on a regular basis. If you must reschedule or cancel an appointment, I would appreciate AT LEAST 24-HOUR NOTICE. I cannot bill you for missed appointments and your insurance will not pay me for my time.

Telemental Health

I use doxy.me, a HIPAA compliant, secure, peer-to-peer platform for online sessions or telemental health. My consultation room is at <https://doxy.me/lindaenglandmft>

In-Network Insurance

In addition to TriWest for veterans, I am an in-network provider with Blue Shield of California, CIGNA, Magellan, and TriCare Military West. I will bill the insurance company and they will pay me their contracted fee.

Confidentiality

The law and professional ethics require confidentiality regarding psychotherapy sessions. However, there are limits to confidentiality. I am required by law to report any reasonable suspicion of child, elder, or dependent adult abuse. The law also permits me to break confidentiality if I believe you present a danger to yourself or others. In addition, disclosures may be required in certain legal proceedings and actions (not common).

Consultation

Occasionally all therapists need to discuss the course of a client's treatment with a colleague/peer supervision group. Most mental health practitioners use consultation, but do not disclose any information that could identify you as an individual.

Contacting Me

I can be contacted between appointments by leaving a voice or text message at (310) 908-7205. I check my messages often, and routine calls are normally returned within 24 hours. If you have a clinical or medical emergency, please state so in your message then phone 911 or go to your nearest emergency room.

Termination

You have the right to end therapy at any time for any reason. I will notify you, in person or in writing, should it become necessary for me to terminate therapy with you. I ask that you agree to meet with me at least once before stopping therapy.

Notice of Privacy Practices

Another document you can find on my web site is the "Notice of Privacy Practice" which provides information about how I may use and disclose your protected health information (PHI). I encourage you to read it in full. **By signing this form, you acknowledge that you have obtained a copy of the "Notice of Privacy Practices" from www.lindaenglandmft.com**

I look forward to working with you.

Client's Signature

Client's Signature

Date