



## Persevering Families & Counseling, LLC

516 Innovation Dr., Ste 304  
2211 S. Military Hwy., Ste B

Chesapeake, VA 23320  
Chesapeake, VA 23320

P: 833-517-2333 | F: 757-304-9423

[www.PerseveringFamilies.com](http://www.PerseveringFamilies.com)

**Provider:** Janice A. Holemon, MA, LMFT

**Contact email:** [Janice.Holemon@PerseveringFamilies.com](mailto:Janice.Holemon@PerseveringFamilies.com)

**Contact number:** 757-517-2333 or 833-517-2333

**Confidential fax:** 757-304-9423

**Website:** [www.PerseveringFamilies.com](http://www.PerseveringFamilies.com)

# INFORMED CONSENT FOR PSYCHOTHERAPY

**General Information** The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read this document in its entirety, and indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

## FEES AND SERVICES

PERSEVERING FAMILIES & COUNSELING, LLC (PF&C) accept both insurance and self pay clients

Fees are as follows:

- 90846 - Family psychotherapy without patient present - \$150
- 90847 - Family Psychotherapy, conjoint psychotherapy with the patient present - \$150
- 90791 - Psychiatric Diagnostic Evaluation (first appointment) - \$200
- 90832 - Psychotherapy, 30 mins - \$100
- 90834 - Psychotherapy, 38 mins - \$125
- 90837 - Psychotherapy, 53 mins - \$150
- 90853 - Group Therapy - \$150
- 90839 - Psychotherapy for crisis, 60 mins - \$200

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**Parent/Client Name (please sign):** \_\_\_\_\_

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- Forensic Evaluations/Assessments (specified on a case by case basis) - starting at \$350
- Court Proceedings should a therapist be subpoenaed - \$1500 retainer fee, plus additional fees to prepare/attend.
- FMLA or disability paperwork-\$350 one-time payment, each calendar year, covers quarterly updates (every 90 days)

If you or the intended client has insurance, then you will be responsible for the copay at the beginning of every appointment (if you have a copay). Insurance appointments may range from 38-53 minutes for each appointment, unless otherwise discussed with your therapist in advance.

### INSURANCE PLANS CURRENTLY ACCEPTED

- Medicaid/Magellan/Molina
- Tricare East
- Optima Health
- Aetna
- Aetna Better Health
- VA Premier
- United Healthcare/Optum
- Anthem BCBS/Health keepers
- Cigna

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### THE THERAPUETIC PROCESS

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. PERSEVERING FAMILIES & COUNSELING, LLC cannot promise that your behavior or circumstance will change. PERSEVERING FAMILIES & COUNSELING,

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LLC can promise to support you and do my very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

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### CONFIDENTIALITY

The session content and all relevant materials to the client's treatment will be held confidential unless the client requests in writing to have all or portions of such content released to a specifically named person/persons. Limitations of such client held privilege of confidentiality exist and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts him/her self in a manner in which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #3 and # 4.
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.
7. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.

Occasionally PERSEVERING FAMILIES & COUNSELING, LLC may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

If we see each other accidentally outside of the therapy office, PERSEVERING FAMILIES & COUNSELING, LLC will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance, and PERSEVERING FAMILIES & COUNSELING, LLC do not wish to jeopardize your privacy. However, if you acknowledge any employee from our company first, we will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

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### ABOUT YOUR PROVIDER

**Janice A. Holemon, CEO**

#### **Licensed Marriage & Family Therapist**

Janice A Holemon is a native of Franklin City, Virginia. Ms. Holemon completed her Bachelor of Arts degree at Saint Augustine's University in Raleigh, NC in December 2012. She completed her Master of Arts degree at Liberty University in Lynchburg, VA in December 2015, and became fully licensed as a Marriage & Family Therapist in 2018. In August 2019, Ms. Holemon completed all courses in her doctoral program, which granted her the opportunity to become a Forensic Expert, specializing in crises, trauma, and victimology. Ms. Holemon's specialties also includes anger management, attentive/inattentiveness, addictions, depression & anxiety, suicidal ideations, stress management, play therapy, family therapy, developing coping skills, and stabilizing families/homes. Lastly, Ms. Holemon is a certified Prepare/Enrich facilitator; this means she specialize in premarital/marital counseling, and couple's therapy.

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# PRACTICE POLICIES

## APPOINTMENTS AND CANCELLATIONS

The standard meeting time for individual, couple, family psychotherapy is 40 minutes. Requests to change the appointment to a 55-minute to 1 hour session needs to be discussed with the therapist in order for time to be scheduled in advance.

A \$10.00 service charge will be charged for any checks returned for any reason for special handling.

Cancellations and re-scheduled session will be subject to a \$50 fee if NOT RECEIVED AT LEAST 24 HOURS IN ADVANCE. This is necessary because a time commitment is made to you and is held exclusively for you. If you are late for a session, you may lose some of that session time.

## TELEPHONE ACCESSIBILITY

PERSEVERING FAMILIES & COUNSELING, LLC cannot ensure the confidentiality of any form of communication through telephone accessibility, including text messages. If you prefer to communicate via email or text messaging for issues regarding scheduling or cancellations, PERSEVERING FAMILIES & COUNSELING, LLC will do so. You may email our CEO and Lead Therapist at [Janice.Holemon@PerseveringFamilies.com](mailto:Janice.Holemon@PerseveringFamilies.com) or call to speak to our virtual assistants at 833-517-2333. If text is more appropriate, you may text 833-517-2333. If you are revealing sensitive information, PERSEVERING FAMILIES & COUNSELING, LLC suggest messaging through your HIPAA compliant client portal with Simple Practice. PERSEVERING FAMILIES & COUNSELING, LLC respond often within 24-48 hours, but rarely immediately available by phone; however, PERSEVERING FAMILIES & COUNSELING, LLC will attempt to return your call within 72 hours. If a true emergency situation arises, please call 911 or any local emergency room.

## SOCIAL MEDIA AND TELECOMMUNICATION

Due to the importance of your confidentiality and the importance of minimizing dual relationships, PERSEVERING FAMILIES & COUNSELING, LLC do not accept friend or contact requests from current or former clients on any personal social networking site (Facebook, LinkedIn, Snapchat, Instagram, etc.). PERSEVERING FAMILIES & COUNSELING, LLC

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believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk more about it.

### ELECTRONIC COMMUNICATION

PERSEVERING FAMILIES & COUNSELING, LLC cannot ensure the confidentiality of any form of communication through electronic media, including text messages. If you prefer to opt in and communicate via email or text messaging for issues regarding scheduling or cancellations, PERSEVERING FAMILIES & COUNSELING, LLC will do so. You may text or call 833-517-2333 to cancel, reschedule or briefly update your provider. If you are revealing sensitive information, PERSEVERING FAMILIES & COUNSELING, LLC suggest messaging through Simple Practice's client portal to protect your confidentiality. While PERSEVERING FAMILIES & COUNSELING, LLC may try to return messages in a timely manner, PERSEVERING FAMILIES & COUNSELING, LLC cannot guarantee immediate response and request that you do not use text communication to discuss therapeutic content and/or request assistance for emergencies.

Services by electronic means, including but not limited to telephone communication, the Internet, facsimile machines, and e-mail is considered telemedicine by the State of California. Under the California Telemedicine Act of 1996, telemedicine is broadly defined as the use of information technology to deliver medical services and information from one location to another. If you and your therapist chose to use information technology for some or all of your treatment, you need to understand that: **Initial here** \_\_\_\_\_

(1) You retain the option to withhold or withdraw consent at any time without affecting the right to future care or treatment or risking the loss or withdrawal of any program benefits to which you would otherwise be entitled. (2) All existing confidentiality protections are equally applicable. (3) Your access to all medical information transmitted during a telemedicine consultation is guaranteed, and copies of this information are available for a reasonable fee. (4) Dissemination of any of your identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without your consent. (5) There are potential risks, consequences, and benefits of telemedicine. Potential benefits include, but are not limited to improved communication capabilities, providing convenient access to up-to-date information, consultations, support, reduced costs, improved quality, change in the conditions of practice, improved access to therapy, better continuity of care, and reduction of lost work time and travel costs. Effective therapy is often facilitated when the therapist gathers within a session or a series

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of sessions, a multitude of observations, information, and experiences about the client. Therapists may make clinical assessments, diagnosis, and interventions based not only on direct verbal or auditory communications, written reports, and third person consultations, but also from direct visual and olfactory observations, information, and experiences. When using information technology in therapy services, potential risks include, but are not limited to the therapist's inability to make visual and olfactory observations of clinically or therapeutically potentially relevant issues such as: your physical condition including deformities, apparent height and weight, body type, attractiveness relative to social and cultural norms or standards, gait and motor coordination, posture, work speed, any noteworthy mannerism or gestures, physical or medical conditions including bruises or injuries, basic grooming and hygiene including appropriateness of dress, eye contact (including any changes in the previously listed issues), sex, chronological and apparent age, ethnicity, facial and body language, and congruence of language and facial or bodily expression. Potential consequences thus include the therapist not being aware of what he or she would consider important information, that you may not recognize as significant to present verbally the therapist.

### MINORS

If you are a minor, your parents may be legally entitled to some information about your therapy. PERSEVERING FAMILIES & COUNSELING, LLC will discuss with you and your parents what information is appropriate for them to receive and which issues are more appropriately kept confidential.

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### TERMINATION

Ending relationships can be difficult. Therefore, it is important to have a termination process in order to achieve some closure. The appropriate length of the termination depends on the length and intensity of the treatment. PERSEVERING FAMILIES & COUNSELING, LLC may terminate treatment after appropriate discussion with you and a termination process if PERSEVERING FAMILIES & COUNSELING, LLC determine that the psychotherapy is not being effectively used or if you are in default on payment. PERSEVERING FAMILIES & COUNSELING, LLC will not terminate the therapeutic relationship without first discussing and exploring the reasons and purpose of terminating. If therapy is terminated for any reason or you request another therapist, PERSEVERING FAMILIES & COUNSELING, LLC will provide you with a list of qualified psychotherapists to treat you. You may also choose someone on your own or from another referral source.

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Should you fail to schedule or keep your appointment for three consecutive weeks, unless other arrangements have been made in advance, for legal and ethical reasons, PERSEVERING FAMILIES & COUNSELING, LLC must consider the professional relationship discontinued.

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