

Diane M. Malek, LCSW

License #12738 CA

License #84263 NY

510 527 3462

Albany, California

ASSESSMENT AND TREATMENT: During your first session, you will discuss with Diane Malek, LCSW the reasons you are seeking therapy, goals you would like to achieve, and any background information related to your presenting concerns. The process and outcome of psychotherapy will depend on the particular problems addressed, the personalities of the therapist and client, and other variables.

You will need to make an active effort during and between sessions in order for therapy to be successful. This may include completing questionnaires at the beginning of treatment and at periods throughout and often will include homework assignments between sessions. There will also be periodic assessment of progress toward your goals and any necessary revisions.

HOURS AND AVAILABILITY: Therapy sessions are usually scheduled as 45 minute sessions once a week, or as your treatment needs dictate. Diane Malek, LCSW may be but cannot guarantee availability in the event of an urgent need after hours. Other resources for help in a crisis are your psychiatrist if you have one, the local hospital emergency room, phone crisis intervention services, or your primary care physician's office.

CONFIDENTIALITY: Diane Malek, LCSW takes your privacy very seriously and complies with Federal and California and New York laws regarding confidentiality of client information. Information about you will be released only with your written permission and when required by law when there is suspected elder, dependent adult, or child abuse or neglect, when you are in danger of harming yourself or another, if a court order requires her to release information, or as otherwise required by law.

Sessions are conducted via a HIPAA compliant video platform, by phone, and in person at Diane's private psychotherapy office.

Please be aware that use of texting, email, and other digital media are NOT confidential and can create unintentional digital records and information that could possibly be viewed in the future.

Please use voice mail whenever possible for communication. Texting should be limited to time sensitive and brief communications regarding appointments or other nonclinical matters.

If Lyra Health is paying for services you consent for release of only the information that is requested by Lyra to authorize payment.

PAYMENT FOR SERVICES: Payment for services is due at the time of service. The fee for a 45 minute session is \$160. Additional time is billed on a prorated basis. If you need to reschedule or cancel an appointment, please do so more than 24 hours before an appointment to avoid a charge for the time allocated for the session.

If you elect to seek reimbursement from an insurance company for your treatment, you may request a statement to submit to your insurance company.

If using Lyra Health, payment will be made directly to Diane Malek, LCSW.

Diane M. Malek, LCSW

TREATMENT AGREEMENT: I have read and understand this agreement.

Signature

Date

Name

Date of birth

Address

Phone

Email

Emergency contact

Phone

If Lyra: Employee name

Employer

Date of birth