



## **Therapeutic Process Investment Policy**

Psychotherapy is an investment in your wellbeing. You are investing time, money, and making a commitment to the process in serving your personal growth. This document outlines Helen Dempsey-Henofler LCSW's policies regarding client investment.

### **Time Investment**

Helen Dempsey-Henofler, LCSW (Virginia license #VA0904010297) provides 55 minute psychotherapy sessions. In the first two sessions, both client and therapist should assess the therapeutic relationship. At any point during therapy, either party may end services. However, in serving the therapeutic process clients are asked to commit to ten sessions after the first two.

Therapy often brings up feelings of discomfort for clients as they work through challenging experiences. After the first two sessions, clients are asked to commit to ten sessions. This commitment is an acknowledgement of the discomfort that naturally arises when clients progress in therapy and is intended to serve the client in continuing to make progress on individual goals. A weekly frequency is recommended if available within scheduling constraints. Clients are sometimes asked to meet more frequently due to the therapist's clinical assessment of appropriate care. After twelve sessions, client and therapist will determine a frequency to support client's individual therapy goals.

### **Financial Investment**

Psychotherapy sessions are 55 minutes in length. The full fee for clients as of 01/01/2023 is \$235.00 per 55 minute session. This rate may be adjusted within an established range to be discussed in initial consultation. Rates are periodically increased. Clients are given 4 weeks' notice in advance of any rate increase.

Once an appointment is scheduled, it is your dedicated time. Regardless of whether you choose to attend, payment is required at the time of appointment. Insurance companies do not pay for appointments that clients are not present for. These are the client's financial responsibility. For this reason, a credit card is required on file and will be charged if the client is not present at the time of their session. Clients are not charged for appointments canceled by the therapist.

Sometimes the unexpected happens. Once per calendar year, there will be no charge for your appointment if you are unable to be present. With 24-hours notice, the therapist will attempt to reschedule your session during the same week dependent on schedule availability. Several times a year the therapist takes vacation. Clients are notified in advanced of therapist's scheduled time off.

### **Process Investment**

Throughout the process of therapy, the therapist will ask questions, give feedback, and make suggestions. The therapist may recommend clients take action between sessions to support their progress. Especially as new behaviors are initiated, clients commonly experience discomfort related to the therapeutic process. Client/therapist collaboration in the process and client engagement related to their experience of therapy supports ongoing progress, tailoring the process to the client's individual experience.

Helen Dempsey-Henofler LCSW is trained as a master's-level clinician at the MSW program at University of South Carolina (2008) and engages in regular consultation and ongoing training in Acceptance and Commitment Therapy and trauma-informed care.

The results of therapy are informed by your personal goals, therapeutic investment in the process, the therapist's approach to therapy as well as other internal and external factors. While it is impossible to guarantee specific outcomes of psychotherapy, you and I will collaboratively work together in service of progress towards your personal goals.