

Dayspring Psychological Services
13-15 East Deer Park Drive, Suite 103D
Gaithersburg, MD 20877
(240) 686-6885

POLICIES OF THE PRACTICE

Benefits and Emotional Risks:

Psychotherapy or talk therapy is a type of mental health treatment that is known to be beneficial. It can help individuals with a range of mental illnesses and emotional as well as behavioral difficulties. Problems addressed in psychotherapy include depression, anxiety, death of a loved one, impact of trauma, or changes in life situation such as divorce, loss of a job, and medical illness/physical injury. While psychotherapy is generally known to be helpful, there are risks involved. In talk therapy, difficult and uncomfortable feelings may emerge such as sadness, anger, guilt, or frustration. It also often involves discussing aspects of your life that may be unpleasant or you would rather not acknowledge. However, many individuals find that psychotherapy ultimately leads to a significant reduction in feelings of distress, improved relationships, and resolutions of specific problems.

Accepted Insurance:

The following insurances are accepted: **CareFirst BlueCross BlueShield (BCBS), CareFirst BlueChoice, Cigna, and Medicare.** I comply with the policies outlined by the insurance companies in terms of payments and fees. The patient is fully responsible for payment of services rendered should there be a gap in insurance coverage.

Payment for Services:

Payment is expected at the time services are provided unless other billing arrangements have been made. I accept personal checks, debit/credit cards, and/or cash. If you pay in cash, please have the exact amount as I do not typically make change. There is a \$30.00 fee assessed for checks returned due to insufficient funds. If your account is more than 60 days past due, I have the option of using legal means to obtain payment, including collection agencies or small claims court. Please know that the State of Maryland allows me to charge you for any fees incurred through use of collection agencies, and fees can vary from 30 to 50% of the debt. Before this action is taken, several attempts will have been made by me or the collection agency to contact you.

Cancellations:

If you must cancel an appointment please give a minimum of 24-hour advanced notice. If you cancel an appointment without giving at least 24-hour notice, you will be charged \$50.00 for the missed session. In cases of inclement weather, an attempt will be made to contact patients who have scheduled appointments to decide jointly whether the appointment still stands. The 24-hour notice policy does not apply to cancellations due to inclement weather.

Contacting Me:

Because of the nature of my profession, I am often not immediately available by telephone. When I am unavailable, the following lines will be answered by voice mail: **(240) 750-8847** (mobile device) and **(240) 686-6885** (main office).

In cases of life-threatening or psychiatric emergency, please call 911 or go to the nearest hospital emergency room.

Authorization/Agreement:

By signing this document, you agree that you have reviewed this information and agree to these conditions.

Signature of Patient or Guardian if Minor

Date

Elsie Gordon, Ph.D., Psychologist

Date