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Consent to Treatment

This document is to help you better understand me and my training, my treatment approaches, and general service policies. I believe this is incredibly important to communicate as it helps you make better choices for what is right for you and, if you choose, what our work will involve.

Please note: I am currently receiving supervision by Anthony Rella, LMHC.

About Me

The first thing I want to share is that I have been there, and by “there”, I mean where you are reading a consent form to seek therapy services. Sometime around my middle 20’s, I realized I was an incredibly lost and anxious person trying to find his way. I was already pursuing my doctorate at the time and figured I better experience what it was like to be on the other side. It was life-changing.

The second thing I like to share is that I use a very relational approach to therapy, but I also follow your lead on how and where you want that relationship to develop. Mixed in there will be some humor, games and activities, deep thoughts—all meant to help you get to where you go. And on that journey, I will commit to my values of growth, honesty, connection, and fun to create a dynamic and meaningful experience for you.

The last thing I want to share is my training and therapeutic approach. I received my doctorate from the University of Minnesota-Twin Cities and have worked in a variety of places serving children, teens, families, and adults. Along the way I learned many evidence-based therapies—CBT, ACT, DBT, TF-CBT, IPT, solution-focused therapy, motivational interviewing techniques, and Parent-Child Interaction Therapy (PCIT). Although I use them all when it seems appropriate, I am primarily an Acceptance and Commitment (ACT) therapist. I have come to believe that the best outcomes for you, my client, come when I adopt an ACT approach because it is flexible to needs, is grounded in research, and is what I am most skilled in. I believe therapy is best when therapists use their best. However, ACT does not work for everyone. If that is the case, we can talk about what changes need to be made. We will talk more about ACT in our first session.

What is Therapy Like?

This is actually a bit tricky to answer as the experience of therapy is different for everyone, including me. The ultimate goal is to collaboratively figure out

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what your goals are with therapy and the work together to accomplish them. In this way, you can think of me like a coach. And just like a coach for a sports team, some of the stuff I ask we do is going to be uncomfortable, and some may be fun and interesting, too! But in those moments of discomfort, it's important to keep going; therapy does not always result in a sudden feeling that everything is going to be okay. It takes time and practice outside of session. I cannot guarantee that every or any goal will be met; I can guarantee, though, that I will be supportive, offer my advice to meet challenges, and have the humility to know when referral to another professional is needed to improve therapy.

I can give a few more concrete details that do not change, though. The first session is nearly always the same; you complete an intake form ahead of time that helps me prepare for our meeting. This first session usually takes a bit longer simply because we need time to ensure the vibe is right, and that we have an idea of where we are going. Interestingly, when done well, some people only need this first session! And many also need more. In that case, we will agree to an initial treatment length and then we check-in based on progress. Those first few sessions are really important for us to see if the vibe between us stays positive or if changes need to be made, including perhaps finding another provider.

After that first session, all of them will start off with brief surveys to check-in on how you are doing, and we will take time every other session or so to look at the data themselves to see your progress. There is also a check-out form that gives you the chance to share how the session felt.¹

For children below the age of 12, the intake will always be with the guardian, first. In most cases, at that age, guardians are best positioned to help their kids and our work becomes guardian consultation. For teens 13 and older, the intake includes both the teen and guardian(s).

Termination

At some point, therapy does end, either because our goals were met, life changes require it, or we need to find another professional. In any case, it is always hard letting a relationship go. We will have a termination plan in mind from the beginning and will check-in with one another as we near the end of our time.

¹ Some of these procedures are different if we are engaging in adult nature-based therapy or professional well-being services.



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For legal and ethical reasons, if we do not have an agreement in place for length of time between sessions and a month passes with no new appointment scheduled, I will consider our therapeutic relationship terminated.

Contact & Emergencies

For general needs (e.g., scheduling), give me a ring at (206) 294-5220 x 309 or email at drthayer@thayerops.com. Please understand that my email gets a lot of traffic so please be mindful of the number of emails sent, and please do not send emails with thoughts that should be covered in session. I may not read it in time and email is not always secure. Instead, write it down and bring it with you to the next session. I encourage that email conversations be limited to business purposes only, but I will respond to personal emails you send.

In the case of emergencies, please call 911 or my number. If I am out of town, I will have another mental health professional available for emergencies. If you are unable to wait until I return the call, please call King County Crisis Clinic (206-461-3222) or go to the nearest emergency room.

Outside Accidental Meetings & Social Media

In the event that we meet each other outside of therapy sessions, I will not initiate contact. You are welcome to approach me and, if others are around, are free to introduce me in whatever way feels right to you. I will follow your lead.

I am not active on social media. If you do find a profile of mine, I will not accept a friend request while we are still working together or if there is the possibility we will be returning to work together in the future.

Payment & Fees

Currently, I am **not** accepting insurance and am not in-network with any insurance providers. This is for several reasons. First, becoming an in-network provider is a slow process. Second, insurance companies often have strict requirements for therapy including requiring a diagnosis for all sessions which is unnecessary; for some, one session is all that is needed, and for others, their needs are complex enough to defy clear diagnosing. It also means that we cannot be flexible in our use of evidence-based strategies. Third, insurance companies sometimes even require a referral or pre-authorization, which can slow down when we get to meet.

There is a solution, though, if you want to use insurance. I can provide you a "Superbill" which lists all the sessions you have paid for. You can take that to

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your insurance company for out-of-network reimbursement. Most companies reimburse 40-80% of costs, and some will fully reimburse.

You can find my fees below. They are based on my training, experience, and market research on rates offered by other professionals in Seattle. **Important note:** Currently, payment is required at the time of service. I will have more flexibility with that policy coming soon.

Fees

Session Type	Length	Fee
First contact phone/email consult	15 minutes	Free
	15+ minutes	\$15 x 15 minutes
Intake Session	60-90 minutes	\$250 ²
Individual Therapy	50-55 minutes	\$180
Guardian consultation	50-55 minutes	\$180
Family Therapy	45-50 minutes	\$180
Nature-based therapy	Varies	Please inquire (~\$225xhr)
Adult Professional Well-being & Resilience	Varies	Please inquire (~\$250xhr)
Court-related Preparation & Testimony	Varies	\$250 x hr

Missed Payments/Payment Plans

I am currently accepting cash, check, and card payment options. For checks, a \$10 fee will be charged for any checks returned for insufficient funds, which covers minor administrative tasks to resolve. If your account ever holds a balance, let's discuss payment plan options. I reserve the right to suspend treatment until your balance is paid. If 90 days pass without effort to pay a balance, it may be sent to collections, which would require disclosure of some private information. Accounts will be charged an addition \$25 per month it remains out-of-balance to compensate for time and costs.

Late Arrival/Late Cancellation/No-show Policies

I try to respect everyone's time, so if your are late, our session will end on time and not continue into the next session. This is not to be rude or dismissive to

² Intake sessions are typically longer and have a bit more paperwork that I have to do outside of the session, hence the increased price.



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your needs but to be respectful of everyone I see. If late arrival becomes a consistent habit, let's find a solution.

I ask for 24 hours notice for cancellations and rescheduled appointments. Cancellations received later than 24 hours (in this case, "later" means closer to the scheduled appointment time) or no-shows will be billed at 66% of my regular fee for the first two missed appointments. After that, they will receive my full bill. Exceptions to these charges include illness, emergencies, and unpredictable conditions (e.g., icy roads slowing typical traffic). In these cases, give me as much notice as you can. With the wonders of telehealth, we may even be able to use that if we normally meet in-person.

If I am ever sick or unable to make an appointment to do a personal or professional emergency, I will do my best to give you the same 24 hour notice.

Confidentiality

A full review of your privacy rights is provided in my Notice of Privacy Practices. Here is a general summary: Any information you share with me remains private and I will not share with anyone unless you sign a Release of Information, and I will comply with all data encryption standards to ensure your information remains protected. There are exceptions to when I may break this confidentiality including:

- You are a risk to self or others and I am concerned about safety
- Any report of child or vulnerable adult abuse (I am a mandated reporter)
- A court order from a judge to testify or provide records
- A worker's compensation claim
- A request from a government agency for oversight

In these situations, I will contact you first to discuss what information is necessary to disclose.

Client Acknowledgement

If you have any questions about what all this means, please bring them up to me first before signing this form. I am happy to answer your questions. Signing below indicates you have **read, understand, and consent to treatment.**

Signature

Date

Andrew Jordan Thayer, Ph.D.,

Date:

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