



DENIM & DIRT
EQUINE ASSISTED GROWTH AND LEARNING

Equine Assisted Psychotherapy, Growth and Learning Policies

1. Regular sessions are 45-50 minutes long. If I am late, I will make up the lost time. If you are late, I cannot make up the lost time. If you are going to be late, please call me and let me know. If you are twenty minutes or later, the session will be cancelled and you will be responsible for payment.
2. Patients generally participate in therapy on a weekly basis or sometimes more per week as needed.
3. Our current fee for EAP/Growth and Learning is \$260.00 per session. These fees pay for the horses and two therapists. Our fees are reevaluated yearly and sometimes are increased. Payment may be made at the beginning of each month for the entire month or at the beginning of each session-whichever is more convenient for the patient.
4. Regular weekly attendance at your therapy sessions is **crucial to your mental health/learning progress**. When you schedule an appointment, you will be **financially responsible unless you have cancelled 48 business hours in advance**. Business hours are **Mondays through Fridays**. When you do cancel in advance, I will do my very best to reschedule you for another more convenient time that week if you want another session time. I cannot always guarantee that I will have another time available.
5. If you need to be in touch with me, please call my cell phone: **626-755-8926** or office **626-792-8922 X15**. If it is the day of your equine appointment, please use my cell phone number as this is also my “barn” phone. On the days when I am in my Pasadena office, I will get back to you quickly as I check my messages throughout the day. On weekends and other days, I will not be checking my messages as regularly but will always return your phone call within 24 hours of hearing your message. If you have a serious emergency, please get help as soon as possible at the nearest emergency room.

6. As a psychologist, I have an ethical and legal obligation to protect your confidentiality. However, in equine assisted growth and learning/therapy, there may be stable workers in the general area or people coming for their next appointment. We do our best to keep everything as private as possible but cannot guarantee complete “visual” confidentiality as some workers, arriving clients etc. could be present during your session. All your information, therapy discussions etc. will, of course, be kept confidential.

7. As a psychologist, I also am mandated by law to suspend my confidentiality obligation in the following circumstances: 1) If you intend to do serious harm to yourself or others; 2) when there is suspected child, dependent adult or elder abuses; 3) If you become gravely disabled, 4) Also, if you apply for insurance, the insurance company will require a diagnosis and sometimes written and oral reports. Equine Assisted psychotherapy is accepted by the American Psychological Association as a viable therapy modality requiring insurance companies to pay for whatever they would pay for traditional individual, group, family or marital psychotherapy.

Patient _____ Date _____

ChildGuardian _____ Date _____