

## CONSENT TO TREATMENT

Sankofa Sex Therapy, LLC

10176 Corporate Square Drive Suite 100-S St. Louis, MO 63132 314-877-8510

The purpose of this agreement is to provide important information about the policies and procedures of my practice. Psychotherapy is more likely to be successful if we have a mutual understanding of the counseling process.

### **Therapist Qualifications and Areas of Practice**

Sankofa Sex Therapy, LLC is a practice of highly-trained and specialized therapists dedicated to helping people live as whole persons by understanding the integral role that healthy sexuality plays in their lives. We provide services for individuals and all types of relationships. Our practice maximizes the skills of specially trained therapists specializing in individual, relational and sex therapy. We have particular expertise in relationships and sexuality issues however, we work with many psychological issues including persons experiencing affairs, anxiety disorders, mood disorders, adjustment disorders, life challenging illness (self or others), bereavement, trauma, divorce, marital, family, or relationship problems, assertiveness issues, anger management, and other mental health disorders and issues as described in the Diagnostic and Statistical Manual of the American Psychiatric Association.

### **Role of Diagnosis**

At times we may need to diagnose a client to aid in the treatment process (or for insurance reimbursement purposes). If need be, we use the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) published by the American Psychological Association (2013) to assist in coding any diagnosis we may determine to be appropriate to your situation. This coding serves the purpose of providing a framework upon which we can view your situation and plan treatment. In the event a diagnosis is appropriate, your therapist will inform you of the diagnosis rendered.

### **Scheduling, Length of Sessions, Cancellations**

We will schedule your sessions on mutually agreed upon times. If at all possible, it is best to pick a time spot that is consistent. This will help avoid scheduling challenges as we do keep a full schedule of clients. Sessions are 50 minutes or 90 minutes in length unless otherwise agreed upon. If you arrive late, we typically will still end on time. If you are unable to keep an appointment, please call to cancel or reschedule at least 24 hours in advance to avoid being charged a missed appointment/late cancellation fee. In the event that appropriate notice is not given, you will be charged half a session fee. We understand that life does create difficult last minute challenges and therefore certain late cancellations (illness, accidents, etc) will be acceptable without charge. EXCEPTION: If you need to cancel within 24 hours and you are able to reschedule for a time within the same week, there will be no charge.

### **Emergencies**

In the event that you need emergency services and you cannot contact your therapist, please call 911 or go to an emergency room.

### **Payments**

Fee structure is determined between you and your therapist. Payment is made at the end of each session unless you make other arrangements with your therapist. Checks should be made payable to your therapist directly, and therapists may accept cash or credit cards as well. There is a \$35 fee for any returned checks.

### **Health Insurance**

We do not accept any health insurance plans. Your therapist may qualify as an out-of-network provider for most plans. Please contact your insurance company to see if they will cover the services you are seeking. If so, your therapist would be happy to provide you with service statements for your insurance company. However, if you plan to seek reimbursement for out-of-network services, please discuss with your therapist first as some of our therapists are not eligible for reimbursement with specific health plans. PLEASE NOTE that while all therapists' practice under the group practice name Sankofa Sex Therapy, LLC, they are each independent therapists working as an individual entity. Please speak with your therapist directly with all concerns. If further action is necessary please contact the owner De-Andrea Blaylock-Johnson at

314-877-8510 or email at [sankofasextherapy@gmail.com](mailto:sankofasextherapy@gmail.com). PLEASE ALSO READ the NOTICE OF PRIVACY PRACTICES FOR PROTECTED HEALTH INFORMATION (HIPAA).