

PETER M. GOLD, Ph.D.
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Office Policies, General Information, and Consent for Psychotherapy

PHILOSOPHY AND APPROACH: My aim is to help you diminish internal conflicts, reduce unnecessary suffering, and create more satisfying experiences. I approach the work with three fundamental goals: (1) Relieve symptoms; (2) Transform core issues; (3) Promote sustainable well-being. By addressing the underlying dynamics that generate symptoms, their intensity can wane and the patterns that created them evolve. One of my specialties is an experimental method that utilizes moving meditation. It can be an adjunct and supplement to counseling if we determine it could be of benefit to you. I support your transformation—both guiding and encouraging you to become more of yourself and thereby bolstering mental vitality, resiliency and harmony.

FORMAL EDUCATION AND TRAINING: Ph.D. in Depth Psychology with an Emphasis in Depth Psychotherapy from Pacifica Graduate Institute, M.A. in Counseling Psychology from Pacifica Graduate Institute; B.A. in Philosophy from Kenyon College. My graduate studies emphasized the importance of working with the underlying psychological dynamics that cause symptoms.

CONFIDENTIALITY: All communication between you and I within sessions and all records and files are confidential and will not be revealed to anyone without your express written permission except where required by law in cases of reasonable suspicion of child or elder abuse; danger of violence to self or others; or as a result of a legal proceeding. I am committed to protecting your privacy and will go to the length of the law to defend it. During confidential supervision and consultation sessions—which I use to provide you with the best care possible—I may discuss some of the dynamics surrounding our time. I will maintain your anonymity and uphold the confidentiality of our sessions.

OFFICE HOURS: My office hours are from 10 a.m. to 9 p.m. on Thursdays, Fridays and Sundays. If you need to contact me between sessions please leave a message and I will return your call as soon as possible.

OUT OF SESSION TIME: After 10 minutes talking with you and/or writing to you between sessions, you will be charged your prorated regular fee. My hourly fee is lower than most because I seek to prevent people from forgoing therapy because of cost. As a result I cannot include other services in that fee—like letter and report writing. If you need a letter or report written I am happy to do so at the normal session fee rate.

APPOINTMENT AND CANCELLATION POLICY: The scheduling of a session involves the reservation of time specifically for you. Except for genuine emergencies, if you cancel your session less than 24 hours before the scheduled time, or if you miss your session, you will be charged the full fee for your scheduled session.

SESSION FEES & LENGTH: My normal rate is \$140 for 50-minute sessions, \$155 for insurance billing. Payment is due in full before or at the beginning of each session. I do offer a reduced rate for those that absolutely cannot afford my regular rate. You can let me know if you are needing this kind of special financial accommodation and what you are able to pay and usually an agreement can be reached. All I ask is that if things get better for you financially, you let me know and we can renegotiate. I accept cash, checks, and PayPal payments, but PayPal payments are 3.0% more because of their convenience fee.

LENGTH OF THERAPY: I work with people weekly on a long-term basis on the same day(s) at the same time(s). Four to six months is a good initial trial period. That said, you or I can terminate sessions at any time; all I ask is that if we decide to stop we have one closure session to honor the work we've done.

VACATION TIME: I take vacations. You should too. I will give you at least two weeks notice when I plan to be away such that I would need to miss a session.

REFERRALS: I love them. If you think someone else might benefit from working with me please feel free to recommend my services. However, because of client—therapist confidentiality, I will not be able to confirm or deny their contact with me.

ARBITRATION: By signing this contract you agree to have any fee dispute or issue of professional malpractice decided by neutral arbitration and give up the right to a court trial. It is understood that any dispute as to professional malpractice will be determined by arbitration as provided by Oregon law and not by a lawsuit. Any controversy or claim arising out of or relating to the provision of psychological services, including but not limited to fee disputes and disputes arising out of the professional relationship between the therapist and client, will be settled in accordance with the rules of the American Arbitration Association.

I have read, understood these policies, and consent to treatment:

Client Signature

Peter M. Gold, Ph.D.

Date

Date