

## TREATMENT EXPECTATIONS

1. Come to weekly 45 to 50-minute sessions on time. Cancellations should be at least 24 hours in advance. Multiple cancellations or long gaps can set treatment back.
2. Pay co-pays, if applicable, at the time of each visit. You will be charged a \$20 fee for no-shows or late cancellations, and this is generally not covered by insurance.
3. Actively participate in treatment. This can include bringing up relational issues or discussing thoughts, feelings, or behaviors. You are also encouraged to bring in dreams, creative writings, and/or drawings, and Daily Connections Sheets to share and explore. Active participation demonstrates a commitment to recovery and is necessary for treatment to be effective.
4. Participate in quality assurance, including completion of questionnaires and video-recording sessions. These allow the quality and consistency of treatment to be evaluated and maintained.
5. No hostile behaviors including profanity, lying, violence, verbal threats, or physical threats. Such behaviors are destructive to the treatment relationship.
6. Keep yourself safe during treatment. That includes admitting yourself to the hospital when necessary, taking medications as prescribed, maintaining health, and obtaining appropriate medical care. These steps demonstrate that you are serious about recovery. I can only be helpful if you want to be helped.
7. Telephone calls should be limited to waking hours and no more than twice a week. They should be brief since psychotherapy over the telephone is ineffective and often counterproductive.

These are the minimal expectations necessary for treatment to be effective. Repeated violations of these parameters will render the treatment ineffective and will necessitate discharge.