

Benna Strober, Psy.D.  
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**CLIENT INFORMATION (ADULT)**

Today's Date \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Full Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

**FAMILY COMPOSITION**

Marital Status \_\_\_\_\_

SpousePartner \_\_\_\_\_

Children	Gender	Age	School	Grade
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**REASON(S) FOR SEEKING AN APPOINTMENT**

Brief statement about the problem for which you are seeking help.

Why do you think the problem exists?

What was going on in your life when the problem first started?

Have you sought help before with this problem? When, where, how, results?

Are you currently working with another behavioral health practitioner?

Y (Name \_\_\_\_\_) N

Have you worked with another therapist in the past?

Y (Name \_\_\_\_\_ Dates \_\_\_\_\_)

### MEDICAL INFORMATION

Primary Care Physician \_\_\_\_\_ Telephone \_\_\_\_\_

Current medical conditions:

Medications	Dosage	Prescribing Physician
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Do you use:

Alcohol	Y	N	Amount _____
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Recreational drugs	Y	N	Type/Amount _____
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Tobacco	Y	N	Amount _____
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Caffeine	Y	N	Amount _____
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Do you exercise?	Y	N	Amount _____
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Do you participate in spiritual practices? Describe.

Do you have a history of physical or sexual abuse as a child or adult?                      Y            N

Family history of psychological problem(e.g., depression, anxiety, bi-polar disorder)  
Please describe:

Do you engage in integrative health practices (e.g., acupuncture, yoga, tai chi, qigong, reiki, Chinese herbal medicine, etc.)?

Please feel free to add any additional information you feel pertinent to your treatment.

**PATIENT CONTACT AUTHORIZATION**

Occasionally, it is necessary for my office to call to coordinate/discuss referral to another physician or practitioner, or schedule/change appointments. **It is your responsibility to keep track of your appointments.**

Telephone number where you want to receive calls \_\_\_\_\_

Permission to leave a message Y N (if No, please explain)\_\_\_\_\_

Can confidential messages (i.e., messages to call the office regarding appointments) be left on your answering machine or voicemail? Y N

May we call you at your place of employment if you cannot be reached at home? Y N

Would custodial parent need to be notified if non-custodial parent requests information?  
Y N

Patient Name (please print) \_\_\_\_\_

Signature\_\_\_\_\_

Please circle one: Self / Guardian / Custodial Parent

**ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES**

I acknowledge the receipt of the HIPAA Privacy Information found at the end of this packet.

\_\_\_\_\_  
Printed Name Date

\_\_\_\_\_  
Signature

I wish to take the Notice of Privacy Practices (HIPAA) form for my records. Y N

## **PSYCHOLOGICAL SERVICES**

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the therapist and patient and the particular problems you are experiencing. There are many different methods that may be used to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant parts of your life, you may temporarily experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. There are no guarantees of what you will experience.

Therapy sessions sometimes involve a large commitment of time, money, and energy so you should be very thoughtful about the therapist you select. Our first few sessions will involve an evaluation of your needs and requests so that I can offer impressions and formulate a treatment plan if you decide to continue therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with me. You should participate in your treatment plan and have the right to review and revise it at any time.

## **OFFICE POLICIES AND PROCEDURES**

1. Therapy sessions are approximately 45 minutes with a charge of \$250.00 per session. Payment is due in full at the time of the appointment. Cash or check are the only forms of payment I accept.
2. For any court related therapy I provide I require a retainer of \$1000.00 which covers the first four (4) visits. This can be paid prior to or at the first appointment.
3. I will provide you with a receipt with all codes necessary for insurance reimbursement if applicable. Please let me know if you need assistance with this process.
4. Scheduled appointments are commitments. Please make every effort to be on time. If you are late, time will be lost from your session. If you miss an appointment and fail to notify the office at least 24 hours in advance, you will be charged the full amount for that session. Exceptions to this is if the absence is due to an emergency or is weather related.
5. All records and communications about the patient will be treated confidentially with applicable state and federal laws. These laws may oblige me to report suspected abuse or neglect, domestic violence, and those who pose a danger to themselves or others.

## **INFORMED CONSENT FOR TREATMENT**

I, \_\_\_\_\_, have read and understand the above contract and policies and agree to its terms and give informed consent for treatment.

\_\_\_\_\_  
Signature of Patient/Guardian

\_\_\_\_\_  
Date

## CONSENT FOR TREATMENT

I, \_\_\_\_\_, will be receiving psychotherapy services from Benna Strober, Psy.D. These services will be confidential in nature with a few exceptions:

- If there is an allegation of child or elder abuse or neglect it will be necessary for me to share pertinent information with the proper authorities.
- If there is an expressed intention to harm yourself or someone else, pertinent information would be shared with proper authorities to prevent such harm.
- Whenever permission has been granted in writing by you or your parent, as applicable, information may be shared with the identified entity.
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In addition, Dr. Strober may consult with other mental health professionals in order to provide the best treatment options.

Dr. Strober can be reached at her office during normal business hours at 71 Smith Avenue Mount Kisco, NY 10549, (914) 329-5355.. Please leave a message on her confidential voicemail system. She will do her best to return phone calls in a timely manner. However, in the event of an emergency, call 911 or go to your nearest emergency room.

You may also consider calling one of the following resources:

Child Protective Hotline:	800-635-1522
Hopeline:	800-784-2433
NY Domestic Violence Hotline:	800-942-6906
Rape/Sexual Violence Hotline:	800-656-4673
Suicide and Crisis Hotline (Albany):	(518) 689-4673

The information contained in this document, limitations to confidentiality and contact information has been reviewed. I understand that if I have additional questions or concerns regarding these matters, I will ask that they be addressed.

\_\_\_\_\_  
Signature of Patient (12 years of age and older)                      Date

\_\_\_\_\_  
Signature of Parent/Legal Guardian                      Date

\_\_\_\_\_  
Printed Name of Patient



## **NOTICE OF PRIVACY PRACTICES (HIPAA INFORMATION)**

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.

### **PLEASE REVIEW THIS NOTICE CAREFULLY.**

**Your health record contains personal information about you and your health. This information about you that may identify you and that relates to your past, present or future physical or mental health or condition and related health care services is referred to as Protected Health Information (“PHI”). This Notice of Privacy Practices describes how I may use and disclose your PHI in accordance with applicable law, including the Health Insurance Portability and Accountability Act (“HIPAA”), regulations promulgated under HIPAA including the HIPAA Privacy and Security Rules, and the *American Psychological Association (APA) Ethical Principles of Psychologists and Code of Conduct (2010)*. It also describes your rights regarding how you may gain access to and control your PHI.**

**I am required by law to maintain the privacy of PHI and to provide you with notice of our legal duties and privacy practices with respect to PHI. I am required to abide by the terms of this Notice of Privacy Practices. I reserve the right to change the terms of my Notice of Privacy Practices at any time. Any new Notice of Privacy Practices will be effective for all PHI that I maintain at that time. I will provide you with a copy of the revised Notice of Privacy Practices upon your request.**

### **HOW I MAY USE AND DISCLOSE HEALTH INFORMATION ABOUT YOU**

**For Treatment:** With your written consent only, I will use and disclose your protected health information to provide, coordinate, or manage your health care and any related services. For example, your protected health information may be provided to a doctor to whom you have been referred to ensure that the doctor has the necessary information to diagnose or treat you, consultation with clinical supervisors or other treatment team members.

**For Payment:** I may use and disclose PHI so that I can receive payment for the treatment services provided to you. This will only be done with your authorization. Examples of payment-related activities are: making a determination of eligibility or coverage for insurance benefits, processing claims with your insurance company, reviewing services provided to you to determine medical necessity, or undertaking utilization review activities. If it becomes necessary to use collection processes due to lack of payment for services, I will only disclose the minimum amount of PHI necessary for purposes of collection.

**For Health Care Operations:** I may use or disclose, as needed, your PHI in order to support our business activities including, but not limited to, quality assessment activities, employee review activities, licensing, and conducting or arranging for other business activities. For example, I may share your PHI with third parties that perform various business activities (e.g., billing services) provided I have a written contract with the business that requires it to safeguard the privacy of your PHI. For training or teaching purposes PHI will be disclosed only with your authorization.

**Required by Law:** Under the law, I must disclose your PHI to you upon your request. In addition, I must make disclosures to the Secretary of the Department of Health and Human Services for the purpose of investigating or determining our compliance with the requirements of the Privacy Rule.

**Without Authorization:** Following is a list of the categories of uses and disclosures permitted by HIPAA without an authorization. Applicable law and ethical standards permit us to disclose information about you without your authorization only in a limited number of situations.



As a licensed psychologist in this state, it is my practice to adhere to more stringent privacy requirements for disclosures without an authorization. The following language addresses these categories to the extent consistent with the *APA Ethics Code* and HIPAA.

**Child Abuse or Neglect:** I may disclose your PHI to a state or local agency that is authorized by law to receive reports of child abuse or neglect.

**Judicial and Administrative Proceedings:** I may disclose your PHI pursuant to a subpoena (with your written consent), court order, administrative order or similar process.

**Deceased Patients:** I may disclose PHI regarding deceased patients as mandated by state law, or to a family member or friend that was involved in your care or payment for care prior to death, based on your prior consent. A release of information regarding deceased patients may be limited to an executor or administrator of a deceased person's estate or the person identified as next-of-kin. PHI of persons that have been deceased for more than fifty (50) years is not protected under HIPAA.

**Medical Emergencies:** I may use or disclose your PHI in a medical emergency situation to medical personnel only in order to prevent serious harm. Our staff will try to provide you a copy of this notice as soon as reasonably practicable after the resolution of the emergency.

**Family Involvement in Care:** I may disclose information to close family members or friends directly involved in your treatment based on your consent or as necessary to prevent serious harm.

**Health Oversight:** If required, I may disclose PHI to a health oversight agency for activities authorized by law, such as audits, investigations, and inspections. Oversight agencies seeking this information include government agencies and organizations that provide financial assistance to the program (such as third-party payors based on your prior consent) and peer review organizations performing utilization and quality control.

**Law Enforcement:** I may disclose PHI to a law enforcement official as required by law, in compliance with a subpoena (with your written consent), court order, administrative order or similar document, for the purpose of identifying a suspect, material witness or missing person, in connection with the victim of a crime, in connection with a deceased person, in connection with the reporting of a crime in an emergency, or in connection with a crime on the premises.

**Specialized Government Functions:** I may review requests from U.S. military command authorities if you have served as a member of the armed forces, authorized officials for national security and intelligence reasons and to the Department of State for medical suitability determinations, and disclose your PHI based on your written consent, mandatory disclosure laws and the need to prevent serious harm.

**Public Health:** If required, I may use or disclose your PHI for mandatory public health activities to a public health authority authorized by law to collect or receive such information for the purpose of preventing or controlling disease, injury, or disability, or if directed by a public health authority, to a government agency that is collaborating with that public health authority.

**Public Safety:** I may disclose your PHI if necessary to prevent or lessen a serious and imminent threat to the health or safety of a person or the public. If information is disclosed to prevent or lessen a serious threat it will be disclosed to a person or persons reasonably able to prevent or lessen the threat, including the target of the threat.

**Research:** PHI may only be disclosed after a special approval process or with your authorization.

**Marketing:** I may use or disclose certain health information in the course of providing you with information about treatment alternatives, health-related services. For example, I may mail you a brochure about meditation classes or workshops. You may contact me to request that these materials not be sent to you.

**Fundraising:** I may send you fundraising communications at one time or another. You have the right to opt out of such fundraising communications with each solicitation you receive.

**Verbal Permission:** I may also use or disclose your information to family members that are directly involved in your treatment with your verbal permission, only when written permission is not a timely option to ensure your safety.

**With Authorization:** Uses and disclosures not specifically permitted by applicable law will be made only with your written authorization, which may be revoked at any time, except to the extent that I have already made a use or disclosure based upon your authorization. The following uses and disclosures will be made only with your written authorization: (i) most uses and disclosures of psychotherapy notes which are separated from the rest of your medical record; (ii) most uses and disclosures of PHI for marketing purposes, including subsidized treatment communications; (iii) disclosures that constitute a sale of PHI; and (iv) other uses and disclosures not described in this Notice of Privacy Practices.

## **YOUR RIGHTS REGARDING YOUR PHI**

You have the following rights regarding PHI I maintain about you. To exercise any of these rights, please submit your request in writing to me at 71 Smith Avenue Mount Kisco, NY 10549.

- **Right of Access to Inspect and Copy.** You have the right, which may be restricted only in exceptional circumstances, to inspect and copy PHI that is maintained in a “designated record set”. A designated record set contains mental health/medical and billing records and any other records that are used to make decisions about your care. Your right to inspect and copy PHI will be restricted only in those situations where there is compelling evidence that access would cause serious harm to you or if the information is contained in separately maintained psychotherapy notes. I may charge a reasonable, cost-based fee for copies. If your records are maintained electronically, you may also request an electronic copy of your PHI. You may also request that a copy of your PHI be provided to another person.
- **Right to Amend.** If you feel that the PHI I have about you is incorrect or incomplete, you may ask us to amend the information although I am not required to agree to the amendment. If I deny your request for amendment, you have the right to file a statement of disagreement with us. I may prepare a rebuttal to your statement and will provide you with a copy.
- **Right to an Accounting of Disclosures.** You have the right to request an accounting of certain of the disclosures that I make of your PHI. I may charge you a reasonable fee if you request more than one accounting in any 12-month period.
- **Right to Request Restrictions.** You have the right to request a restriction or limitation on the use or disclosure of your PHI for treatment, payment, or health care operations. I am not required to agree to your request unless the request is to restrict disclosure of PHI to a health plan for purposes of carrying out payment or health care operations, and the PHI pertains to a health care item or service that you paid for out of pocket. In that case, I am required to honor your request for a restriction.
- **Right to Request Confidential Communication.** You have the right to request that I communicate with you about health matters in a certain way or at a certain location. I will accommodate reasonable requests. I may require information regarding how payment will be handled or specification of an alternative address or other method of contact as a condition for accommodating your request. I will not ask you for an explanation of why you are making the request.
- **Breach Notification.** If there is a breach of unsecured PHI concerning you, I am required to notify you of this breach, including what happened and what you can do to protect yourself. A breach is defined as stolen or improperly accessed PHI; sent to wrong provider; unauthorized views of PHI by employee. PHI is unsecured if it is not encrypted to government standards.
- **Right to a Copy of this Notice.** You have the right to a copy of this notice.