

**James Gallegos, MA, MFT**  
43 Quail Court ,Ste 206  
Walnut Creek, CA 94596  
925-383-3466 Fax: 925-470-2275

### **COUNSELING POLICIES**

**Counselor Qualifications.** James is a licensed Marriage and Family therapist.. He works with individuals, couples, and groups and is specifically trained to assist clients in their recovery from the shame, pain, and associated practical difficulties resulting from their compulsive sexual behavior.

**Session Content.** Sessions generally involve pre- and post recovery living skills, dialogue regarding client issues, and spiritual work which may or may not include the twelve step concepts and their implementation.

**Appointment Length and Payment.** Appointments are fifty minutes. *In-person:* Payment and appointment setting takes place during the first part of the session. If paying by check, you may want to write your check before you arrive so the entire session is spent on your concerns. Checks are made payable to: James Gallegos, MFT. We do not take insurance. *Appointments via phone:* Payment must be sent and received at time of appointment via Paypal or personal credit card.

**Appointment Scheduling.** When you schedule an appointment, that particular session time is reserved exclusively for you. If you need to cancel or reschedule an appointment, please do so with as much advance notice as possible. A minimum of 24 hours notice is required for cancellations. You will be charged for any session canceled with less than 24 hours notice. There is a \$25.00 fee for returned checks.

**Between Session Check-In's.** At times it may be necessary for you to talk with a counselor between regular sessions. We do not, of course, charge for brief calls made for the purpose of scheduling or brief "check-in's." However, extended time spent on the phone consulting about your concerns will be charged at the regular rate.

**Client Commitment.** Consistency is a key ingredient to effective counseling work. Clients are generally seen once a week. Clients are expected to attend scheduled sessions on a regular basis. Counseling can bring up difficult feelings. It is especially important to attend sessions when those feelings are "up."

**Confidentiality.** The information you disclose within sessions is confidential and will not be revealed to anyone without written permission, except in the following instances: 1) There is reasonable suspicions of child or elder abuse, 2) You are presenting a danger to yourself or others, 3) you are likely to harm yourself unless protective measures are taken, 4) Certain circumstances pursuant to legal proceedings.

**Termination of Counseling.** The determination to stop counseling is generally a mutual and gradual decision that comes at an appropriate time, which is based on the work that has been accomplished. In the event that circumstances require a sudden decision to terminate, it is the policy of Compulsion Solutions that counselor and client meet for at least one termination session. It would be best to allow for more than one session in order to tie up loose ends, assess the work, and discuss your future directions.

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Print Name

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Signature

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Date