

Joseph Burgo PhD

Disclosure Statement

Please read this information carefully so you can make an informed decision about our working together.

Treatment Modality

I work from a psychodynamic perspective. This modality is influenced by psychoanalytic thought, is intensive, and sometimes requires coming more than once a week to be most effective. I emphasize personal development through self-awareness and greater self-acceptance. I'll try to help you understand your motives and behavior so that you can make better choices, thereby improving the overall quality of your life and allowing for greater fulfillment, especially in relationships with others. This is not a "quick-fix" form of therapy, and does require commitment over time to be effective.

In an effort to understand your current issues, we will need to talk about the family in which you grew up and how that affects you now. We'll try to identify conscious and unconscious patterns of self-defeating behavior that are rooted in the past but playing out in the present.

I believe that the client-therapist relationship we form is of critical importance to your ability to change. I'll use your feelings about me or the work we are doing as a means of understanding your issues.

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General Information

Sessions are fifty minutes in length. You will need access to a computer with high-speed Internet access and a webcam. Sessions will take place via Skype or similar video conferencing system. Payment for sessions can be made via PayPal or Venmo.

Fee Schedule and Cancellation Policy

I currently offer two different fee arrangements. For a one-time consultation, or for occasional sessions that do not occur on a regular basis, I charge \$400. These sessions do not involve an ongoing commitment and may be cancelled with a full 24 hours' notice. If you cancel the same day of your scheduled session, however, or less than 24 hours in advance, you must still pay for it.

I also offer a \$250 per session rate with a no-cancellation policy. In other words, you commit to paying for your regularly scheduled sessions even if you don't use them; I commit to holding your weekly session times exclusively for you. If you give me notice of a future scheduling conflict, I will always offer you an alternative time for us to meet during that same week, but even if we're unable to find another mutually convenient time, you agree to pay for your session. If you take vacation during a period when I am at work, you agree to pay for the sessions you miss. If you miss a session due to illness, you agree to pay for it. When I miss a session or take vacation weeks, I of course do not charge you.

For those clients unwilling to accept this no-cancellation policy, or for those who want occasional sessions on an as-needed basis, the \$400 rate is available.

If you are in crisis and need to reach me outside of our scheduled time, please contact me by sending an email to joeburgo@gmail.com and requesting that I call you. I always keep my cell phone with me and am able to receive emails on it at all times. I will call you as soon as I can.

I will let you know in advance of any time I may be taking off for holidays or vacations; I generally take off major holidays, a week in spring, 1-2 weeks at Christmas, and 2-3 weeks during summer.

Email Contact Outside of Session

You are free to send emails between sessions, although I do not encourage this form of communication. Everyone knows that email and text exchanges lend themselves to misinterpretation, and this holds doubly true in the psychotherapy relationship. I will read whatever you send to me but I'll reserve my response until our next session unless it concerns appointment times or other scheduling matters. If clients feel the need to send many emails during the week, it's usually a sign that they need to have sessions more frequently.

Blogs and Books

I write two blogs and am working on a book that will be published in Spring 2013. In order to illustrate the points I make, I often use case material from sessions with past and current clients. Whenever I do so, I “anonymize” the information – that is, I use a different name for the client and never use verifiable details that would allow a third party to recognize him or her; I also alter some details such as ages or even genders when it doesn’t affect the point I’m trying to make.

If you come to me for psychotherapy, you understand that I may occasionally make use of material from our sessions in this way. Although it may at first feel disconcerting or even upsetting to read about yourself, nobody but you will have any idea that I’m discussing you, in particular. I always write about my clients with respect and make sure to protect their privacy. At the same time, I write and publish information about the practice of psychotherapy and can’t do so effectively without reference to the actual work I do with my clients.

Further Consumer Information

Notwithstanding the prior section, I will hold all other personal information you disclose to me in confidence unless:

1. You are in danger of harming yourself;
2. You are at risk of harming another;
3. You report to me abuse of a dependent elderly person or child;
4. I receive a court order to release my records, or if you choose to waive your rights to confidentiality.

In those instances I will release only the information necessary to protect you or another person, or as required by law.

If I need to consult with your physician or another healthcare professional regarding your treatment, I will disclose only the minimum necessary information that allows for adequate communication.

You have the right to refuse treatment at any time as well as to determine for yourself which provider and treatment modality best suit your needs.

I have read and understand the above.

Client Signature

Date

Joseph Burgo PhD

Date