

Sarah Jenkins MC, LPC  
Dragonfly International Therapy  
3231 S. Country Club Way, Suite 111, Tempe, AZ 85282  
(Office) 480.370.7630 (Fax) 480.491.1657  
[www.dragonflyinternationaltherapy.com](http://www.dragonflyinternationaltherapy.com)



**CLIENT INFORMATION**

*Please sign and complete in black pen only*

Today's Date: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

Name of Client: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Female  Male

Address: \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Receive newsletter via email?  Yes  No If Yes, Email Address: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Messages OK?  Yes  No

Cell Phone # \_\_\_\_\_ Messages OK?  Yes  No

Alternative Phone#: \_\_\_\_\_ Messages OK?  Yes  No

OK to send treatment/billing information to this mailing address?  Yes  No

If no, please provide an alternative mailing address:

Address: \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

By whom were you referred? \_\_\_\_\_

Marital Status: Single Married Committed Relationship Divorced Separated Widowed Other

**Emergency Contact**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone #'s: Home \_\_\_\_\_ Alternative \_\_\_\_\_

Client's Legal Guardian: \_\_\_\_\_ Relationship to Client: \_\_\_\_\_

**PRIMARY INSURANCE INFORMATION:** (If paying privately please check here) ( )

Relationship to Insured:  Self  Spouse  Mother  Father  Child

Employee Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Social

Security #: \_\_\_\_\_ Employer: \_\_\_\_\_

Group #: \_\_\_\_\_ Insurance Effective Date: \_\_\_\_\_

Type of Coverage:  Individual  Family  Individual & Spouse

Have you ever been in counseling before? Yes No

If yes, when? \_\_\_\_\_ For what? \_\_\_\_\_

What brought you into counseling today: \_\_\_\_\_

Do you have any current or past medical problems? Yes No

If yes, Please explain \_\_\_\_\_

Have you ever had or currently have seizures? Yes No

Are you currently taking psychotropic medication? Yes No

If yes, who is prescribing them for you? \_\_\_\_\_

List medications:                      Type    Dosage

\_\_\_\_\_

Reflecting on the last 6 months, Check all that apply

Frequently sad or depressed	Don't like vacations
Frequently anxious	Financial difficulties/ excessive debt
Mood swings	Excessive anger or rage
Easily upset or angered	Excessive conflict
Withdrawn or isolative	Repeat certain behaviors over and over again
Strong fears	Increasingly forgetful
Cry easily/often	Difficulty finishing tasks
Change in sleep pattern	Insomnia
Change in appetite	Nightmares
No interest in hobbies	Difficulty with work or school
Feeling hopeless	Excessive sweating
Shy with people	Headaches/migraines
Difficulty making a decision	Dizziness
Fatigue	Fainting spells
Trouble concentrating	Stomach aches
Feeling lonely	Vomiting
Feeling different from most people/ inferior	Feeling ill/ sick
Change in sexual behavior/libido	Thoughts of hurting others
Difficulty concentrating	Threats to hurt self
Difficulty motivating	Thoughts of hurting others
Too neat and orderly	Threats to hurt others
Overwhelming worries	Use of Sedatives
Unable to relax	Use of pain killers and analgesics
Don't like weekends	Other:

Are you a United States Veteran? Yes No If Yes, have you been in combat? Yes No

Do you have history of domestic violence? Yes No

Do you have a history of sexual abuse? Yes No

Do you have a history of sexual assault? Yes No

Do you drink caffeinated beverages? Yes No # \_\_\_\_\_ per day

Do you smoke cigarettes? Yes No # \_\_\_\_\_ per day

How much alcohol do you drink? # \_\_\_\_\_ per day # per week \_\_\_\_\_

Do you use illicit drugs? Yes No

If yes, how often and what drugs do you use \_\_\_\_\_

Have you a history of trying to stop using alcohol or drugs? Yes No

If yes, please explain \_\_\_\_\_

If you have any other concerns please state below: \_\_\_\_\_

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## OUTPATIENT COUNSELING SERVICES CONTRACT

Welcome to my counseling practice. This document contains important information about my professional services and business practices. Please read it carefully and jot down any questions you might have so that we can discuss them. Counseling is different from visiting a medical doctor in that it requires a very active effort on your part. In order to be most successful, you will need to work both during your sessions and at home. Counseling has benefits and risks. Risks sometimes include experiencing uncomfortable feelings like sadness, loneliness, or recalling aspects of your personal history that you find unpleasant. Still counseling has been shown to have significant benefits for people who undertake it. Counseling often promotes a significant reduction in feelings of distress while improving relationships and the quality of life by resolving specific problems. Still there are no absolute guarantees with regard to what will happen. By the end of our assessment period, I will be able to share with you what I think our work together will include. If you decide to continue, you should evaluate this along with your assessment of whether I am a person with whom you feel comfortable working. Therapy involves a commitment of time, money and energy, so you should be very careful about the therapist you select. If you have any questions about my effectiveness as your therapist, we should discuss them whenever they arise. If doubt persists, I will be happy to help you secure an appropriate consultation with another behavioral health professional.

### SPECIFICS ABOUT MY PRACTICE

I am a private practitioner in this office and hold no formal or legal association to the other practitioners providing behavioral health services here. I am licensed and registered with the State of Arizona Board of Behavioral Health Examiners to practice independently as a Licensed Professional Counselor with a Masters degree from The University of Phoenix. I specialize in EMDR (Eye Movement Desensitization Reprocessing) and am a Certified EMDR therapist. Please note that current research is limited to the application of EMDR to trauma related disorders. If you should have questions or concerns about the way that your treatment is proceeding, please bring your concerns up directly with me. If, after informing me, you are still dissatisfied or have concerns about my practice methods, you may make any complaints or concerns with the State of Arizona Board of Behavioral Health Examiners, 1400 West Washington Street, Suite 235, Phoenix, Arizona 85007 602.542.8162

### PROTECTED HEALTH INFORMATION

Privacy is a very important concern for all who come to this office for help. Due to the complicated nature of federal and state laws regarding your protected personal health information, a "Notice of Privacy Practices (NOPP)" has been created. I suggest that you review a copy of my "NOPP" and ask questions about anything contained in this document. You may also request a personal copy of this notice at any time.

### EMERGENCIES

To reach me by phone, you can leave a message on my office line, which I check frequently. However, if you are having a clinical emergency and are unable to reach me, please call the EMPACT-SPC crisis line at 480.784.1500. This crisis line is available 24 hours a day, 7 days a week. Remember you can always contact 911 for assistance. If you are also seeing a Psychiatrist, I advise that you contact her/him in times of emergent need.

PAYMENT AND FEES

Payment is due at the time services are rendered. Expect to pay a co-payment based on your insurance coverage. Each insurance company's policies are different and your insurance deductible and co-pay is due at the beginning of each session. The normal billed rate is \$165 for initial assessment and \$150 for follow up sessions. Sessions are generally 45-50 minutes (or as stated in your insurance contract) and are prorated for longer sessions.

It is your responsibility to keep me updated with your insurance information. You are financially responsible for costs incurred when a claim is denied due to changes in, lapses or exhaustion of benefits or termination of coverage for any reason.

\_\_\_\_\_ Initial.

You will be billed \$110 per hour for the time it takes to conduct any additional requests not billable to insurance i.e. write letters, fill out forms, consultations, depositions, appearances, phone calls over 5 minutes, or other paperwork. You will be billed \$5.00 and .50 per page for copying your records. Returned checks incur a service fee of \$35.00 in addition to the original check amount.

\_\_\_\_\_ Initial.

A 24-hour notice is required for changes in appointments. Late cancellations and no shows incur a fee of \$110.00. Scheduling an appointment is a commitment to attend it. This fee is not reimbursable by any insurance company. If you have repeated no shows or late cancellations, I may not be the right therapist for you and can help refer you to another provider.

\_\_\_\_\_ Initial.

MEDICAL INSURANCE AUTHORIZATION

Your signature below authorizes insurance company to pay me directly for counseling services provided. You are also authorizing the release of information about your care to your insurance company. The information often required by insurance companies may include, but is not limited to, diagnosis, prognosis, and treatment goals. It is important for you to understand that if you choose to use your private health insurance they have the right to your records for the purpose of verifying that services were delivered as billed. If your insurance company should deny payment, you understand that any outstanding financial debt associated with these counseling services are ultimately your responsibility.

CONSENT TO TREATMENT

Your signature below indicates that you have had an opportunity to read and review this information and that pertinent questions regarding you, or your minor child's care, have been satisfactorily answered. Furthermore, it indicates your willingness to abide by its terms and agree to participate in treatment.

\_\_\_\_\_

Client/Legal Guardian

\_\_\_\_\_

Date

Signature: Sarah Jenkins, MC, LPC  
Dragonfly International Therapy

\_\_\_\_\_

Date

If signed by other than a client, please indicate the relationship between client and his/her representative:

\_\_\_\_\_

## NOTICE OF PRIVACY PRACTICES

- I. THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO INFORMATION. PLEASE REVIEW IT CAREFULLY
  
- II. LEGAL DUTY TO SAFEGUARD YOUR PROTECTED HEALTH INFORMATION (PHI). I am legally required to protect the privacy of your PHI, which includes information that can be used to identify you that I've created or received about your past, present, or future health or condition, the provision of health care to you, or the payment of this health care. I must provide you with this Notice about my privacy practices, and such Notice must explain how, when, and why I will "use" and "disclose" your PHI. A "use" of PHI occurs when I share, examine, utilize, apply, or analyze such information within my practice. PHI is "disclosed" when it is released transferred, has been given to, or is otherwise divulged to a third party outside of my practice. With some exceptions, I may not use or disclose any more of your PHI than is necessary to accomplish the purpose for which the use or disclosure is made. I am legally required to follow the privacy practices described in this notice. However, I reserve the right to change the terms of this Notice and my privacy policies at anytime. Any changes will apply to PHI on file with me already. Before I make any important changes to my policies, I will promptly change this Notice and post a new copy of it in my office. You can also request a copy of this Notice from me or you can view a copy of it in my office.
  
- III. HOW I MAY USE AND DISCLOSE YOUR PHI I will use and disclose your PHI for many different reasons. For some of these uses or disclosures, I will need your prior authorization; for others, however, I do not. Listed below are the different categories of, my uses and disclosures along with some examples of each category.
  - a. Uses and Disclosures Relating to Treatment, Payment or Health Care Operations Do Not Require Your Prior Written Consent. I can use and disclose your PHI without your consent for the following reasons:
    - i. *For treatment.* I can disclose your PHI to physicians, psychiatrists, psychologist and other licensed health care providers who provide you with health care services or are involved in your care. For example, if you're being treated by a psychiatrist. I can disclose your PHI to your psychiatrist in order to coordinate your care.
    - ii. *To obtain payment for treatment.* I can use and disclose your PHI to bill and collect payment for the treatment and services provided by me to you. For example, I might send your PHI to your insurance company or health plan to get paid for the health care services that I have provided to you. I may also provide PHI to my business associates, such as billing companies, claims processing companies, and others that process my health care claims.

- iii. *For health care operations.* I can disclose your PHI to operate my practice. For example, I might use your PHI to evaluate the quality of health care services that you received or to evaluate the performance of the health care professionals who provided such services to you. I may also provide your PHI to our accountants, attorneys, consultants, and others to make sure I'm complying with applicable laws.
  - iv. *Other disclosures.* I may also disclose your PHI to others without your consent in certain situations. For example, your consent isn't required if you need emergency treatment, as long as I try to get your consent after treatment is rendered or if I try to get your consent but you are unable to communicate with me (for example, if you are unconscious or in severe pain) and I think that you would consent to such treatment if you were able to do so.
- b. **Certain uses and Disclosures Do Not Require Your Consent.** I can use and disclose your PHI without your consent or authorization for the following reasons:
- i. *When disclosure is required by federal state or local law, judicial or administrative proceedings or law enforcement.* For example, I may make a disclosure to applicable officials when a law requires me to report information to government agencies and law enforcement personnel about victims of abuse or neglect; or when ordered in a judicial or administrative proceeding.
  - ii. *For public health activities.* For example, I may have to report information about you to the county coroner.
  - iii. *For health oversight activities.* For example, I may have to report information to assist the government when it conducts an investigation or inspection of a health provider or organization.
  - iv. *For research purposes.* In certain circumstances I may provide PHI in order to conduct medical research.
  - v. *To avoid harm.* In order to avoid a serious threat to the PHI to law enforcement personnel or persons able to prevent or lessen such harm.
  - vi. *For specific government functions.* I may disclose PHI to military personnel and veterans in certain situations. And I may disclose PHI for national security purposes such as protecting the President of the United States or conducting intelligence operations.
  - vii. *For workers' compensation purpose.* I may provide PHI in order to comply with workers' compensation laws.
  - viii. *Appointment reminders and health related benefits or services.* I may use PHI to provide appointment reminders or give you information about treatment alternatives, or other health care services or benefits I offer.
- c. **Certain Uses and Disclosures Require You to Have the Opportunity to Object.**
- i. *Disclosures to family, friends, or others.* I may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations.
- d. **Other Uses and Disclosures Require Your Prior Written Authorization.** In any other situation not described in sections III A, B and C above, I will ask for your written authorization before using or disclosing any of your PHI. If you choose to sign an authorization to disclose your PHI, you can later revoke such authorization in writing to stop any future uses and disclosures (to the extent that I haven't taken any action in reliance on such authorization) of your PHI by me.

- IV. **WHAT RIGHTS YOU HAVE REGARDING YOUR PHI** you have the following rights with respect to your PHI.
- a. ***The Right to Request Limits on Uses and Disclosures of your PHI.*** You have the right to ask that I limit how I use and disclose your PHI. I will consider your request, but I am not legally required to accept it. If I accept your request, I will put any limits in writing and abide by them except in emergency situations. You may not limit the uses and disclosures that I am "legally" required or allowed to make.
  - b. ***The Right to Choose How I Send PHI to You.*** You have the right to ask that I send information to you at an alternate address (for example, sending information to your work address rather than your home address) or by alternate means (for example, e-mail instead of regular mail) I must agree to your request so long as I can easily provide the PHI to you in the format you requested.
  - c. ***The Right to See and Get Copies of Your PHI.*** In most cases you have the right to look at or get copies of your PHI that I have, but you must make the request in writing. However, certain types of PHI will not be made available for inspection and copying. This includes psychotherapy notes or PHI I collected in connection with a legal proceeding. If I don't have your PHI but I know who does, I will tell you how to get it. I will respond to you within 30 days of receiving your written request. In certain situations, I may deny your request. If I do, I will tell you, in writing, my reasons for the denial and explain your right to have my denial reviewed. If you request copies of your PHI, I will charge you not more that \$.45 for each page. Instead of providing the PHI you requested, I may provide you with a summary or explanation of the PHI as long as you agree to that and to the cost in advance.
  - d. ***The Right to Get a List of the Disclosures I have Made.*** You have the right to get a list of instances in which I have disclosed your PHI. The list will not include uses or disclosures that you have already consented to such as those named for treatment, payment, or health care operations directly to you, or to your family. The list also won't include uses and disclosures made for national security purposes, to corrections or law enforcement personnel or disclosures made before April 15, 2004.
  - e. ***The Right to Correct or Update Your PHI.*** If you believe that there is a mistake in your PHI or that a piece of important information is missing, you have the right to request that I correct the existing information or add the missing information. You must provide the request and your reason for the request in writing. I will respond within 60 days of receiving your request to correct or update your PHI. I may deny your request in writing if the PHI is (a) Correct and complete, (b) not created by me, (c) not allowed to be disclosed, and/or (d) not a part of my records. My written denial will state the reasons for the denial and explain your right to file a written statement of disagreement with the denial. If you don't file one, you have the right to request that your request and my denial be attached to all future disclosures of your PHI. If I approve your request, I will make the change to your PHI, tell you that I have done it and tell others that need to know about the change to your PHI.
- V. **HOW TO COMPLAIN ABOUT MY PRIVACY PRACTICES.** If you think that I may have violated your privacy rights, or you disagree with a decision I made about your access to your PHI, you may file a complaint with the person listed in Section VI below. You also may send a written complaint to the Secretary of the Department of Health and Human Services at 200 Independence Avenue, S. W. Washington, D.C. 20201. I will take no retaliatory action against you if you make a complaint about my privacy practices.

VI. **PERSON TO CONTACT FOR INFORMATION ABOUT THIS NOTICE OR TO**

**COMPLAINT ABOUT MY PRIVACY PRACTICES.** If you have any questions about this notice or any complaints about my privacy practices or would like to know how to file a complaint with the Secretary of the Department of Health and Human Services please contact your individual provider.

**VII. EFFECTIVE DATE OF THIS NOTICE.** This notice went into effect on April 14, 2004

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NOTICE OF PRIVACY PRACTICES SIGNATURE PAGE

I hereby acknowledge that I have reviewed and received a copy of the "Notice of Privacy Practices" for Dragonfly International Therapy, the counseling practice of Sarah Jenkins, MC, LPC.

Print name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_