

Naira Velumyan, PhD
Registered Psychotherapist

212 Avenue Road,
Toronto, Ontario
M5R 2J4

(647) 460-34-30
naira.velumyan@gmail.com
nairavelumyan.com

Psychotherapy Treatment Contract

The following information is to assist you to understand clearly and to define the rights and responsibilities in the psychotherapeutic relationship. Please read this document carefully and let me know if you have any questions. When you decide to sign this document, it will represent an agreement between us.

Benefits and Risks

There are many different methods I can use to assist you with your concerns. However, the effectiveness of our work together will largely depend on how ready you are to assume responsibility for the expected result. The mandatory condition to our work is your readiness to a dialogue with me.

Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. Sometimes therapy may be accompanied by uncomfortable feelings while changes are happening in your life. However, the results of therapy cannot be guaranteed. Remember that all the questions about our work together should be discussed whenever they arise.

Sessions

The first consultation with a client in a one-hour session that costs \$150. During this meeting we will also discuss further therapy which, if necessary, will cost \$100 per one hour. I also charge \$150/hour for any other professional services you may need, prorated in 15-minute increments. You may pay by cash, check or online via PayPal. If you are later for the session, it will not be prolonged. For example, if you are late by 15 minutes, there are only 45 minutes left for us to work together. If necessary, we can cancel the meeting by email naira.velumyan@gmail.com or by phone (647) 460-

3430. I request that you provide 24-hour notice of cancellation or you will be charged the full fee for that session.

Confidentiality

In general, the privacy of all communications between a client and a psychotherapist is protected. You have the absolute right to confidentiality in your therapy. But there are times when confidentiality can be broken:

1. With your permission I can release information about our work to others if you direct me in writing to share information with whomever you deem necessary and you can cancel that permission at any time.
2. It is required by law that I report suspicion of incidents of child abuse, elder abuse and dependent/disabled adult abuse without your consent. I will also take protective steps in response to any serious threats of harm to yourself or to another person that pose imminent danger to life. Confidentiality may also be limited in situations when a court has subpoenaed your records.

Communication

You may contact me or at (647) 460-3430. When I am unavailable, my telephone is answered by voicemail that I monitor frequently during business hours. I will make every effort to return your call on the same day. I will tell you in advance of my anticipated lengthy absences. If you are unable to reach me and have an imminent emergency, you need to call a crisis line in your area, go to the nearest emergency room or call 911.

If you wish to contact me for basic communication purposes or to schedule appointments you can send me an email at naira.velumyan@gmail.com. If you choose to email me, please note that it is not a secure means of communication and the privacy cannot be guaranteed.

Complaints

You have the right to refuse anything I might suggest throughout the therapy process and to seek a second opinion. Please, discuss with me any concerns you have about our work together so that I can respond to your concerns. Given the nature of psychotherapy, strong and sometimes conflicted feelings are bound to arise and it is

encouraged that you share them with me. Good communication is the foundation of any successful treatment.

Your signature below indicates that you have read the information in this document and agree to its terms.

Client Name

Client Signature

Date