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**Informed Consent for
Psychoanalysis, Psychoanalytic Psychotherapy
or Psychoanalytic Consultation
(Individual, Couple, Group, and Family)**

Name: _____ Fee:

Address:

City: _____ Zip Code: _____ Phone:

Mailing Address (If different, business address):

Business Phone: _____ Birth
Date _____

Social Security #: _____ Drivers License

Medical Insurance:

Insured's Name (If different):

Policy Number: _____ Group Number:

Note On Cancellations: Due to the long-term nature of my practice, I must hold you responsible for all regularly scheduled consultation sessions whether or not you are able to attend. Should it be necessary for you to cancel an appointment and there is a free hour that week, I will offer it to you as a replacement. Also, should I happen to be able to fill your hour, you will not be charged. If you are in psychoanalytic therapy and reserve three or more hours per week, I require 30 days notice before termination.

Note On Insurance Reimbursement: Due to the complexities and time delays of insurance reimbursements, I ask that you pay your bill in full no later than the tenth of each month. The white copy of your bill is to be submitted with your insurance form directly to your company. Insurance payments will be sent directly to you or credited to your next month's billing, however you prefer.

Scheduled Vacation Time: You will not be responsible for appointments one week before New Year's, one week before Easter, the week before Labor Day, and other scheduled vacations or cancellations.

Confidentiality: California law and professional ethics require therapists to maintain confidentiality except for (1) suspected child abuse, elder abuse, and dependent adult abuse and (2) "Tarasoff" situations in which serious threat to a reasonably well identified victim is communicated to the therapist. Communication regarding the therapy to other licensed health care providers requires the client's permission. Notes on sessions and phone calls are subject to court subpoena. Most notes are stored in locked files but some are on computer discs. Cell phones are used on some occasions. Clients being seen in couple, family, and group work are obligated ethically and legally to respect the confidentiality of others and the therapist will exercise discretion (but not absolute confidentiality) when disclosing private information to other participants in the treatment process. I may at any time seek out consultation with colleagues without asking permission but your identity will be disguised. My personal secretary and office manager have access to records but are charged with confidentiality.

Fees: The fee for service generally covers a 45-minute session and will be agreed upon in the first session. The client will be billed at the end of the month and full payment is required by the tenth of the next month. Cost of living increases may occur on an annual basis. Telephone calls may be charged at approximately the same rate as personal consultation.

Availability: The therapist is available for regularly scheduled appointment times. Dates of vacations and other exceptions will be given out in advance if possible. Telephone appointment times can be made by calling the office during regular office hours. Emergency service can be obtained at the University of California Medical Center in Orange, (714) 456-5878.

Termination of Treatment: The therapist may terminate treatment if payment is not timely, if prescriptions are not fulfilled (such as seeking consultation, refraining from dangerous practices, coming to sessions sober, etc.), or if some problem emerges that is not within the scope of competence of the therapist. The usual minimal termination for an ongoing treatment process is ten sessions but psychoanalytic termination may take up to a year or longer. Psychoanalytically oriented services tend to be long term--often lasting several years with multiple sessions weekly. Clients are urged to consider the risk which major psychological transformation may have on current relationships and the possible need of psychiatric consultation during periods of extreme depression or agitation. Not all people experience improvement from psychotherapy and therapy may be emotionally painful at times. For information on shorter term behavioral and cognitive therapies call the Orange County Psychological Association number in the yellow pages. Patients have the right to refuse or discontinue services at any time and complaints can be addressed to the Board of Medical Quality Assurance (916) 920-6341 or by writing a letter addressed to The Board at 1430 Howe Ave., Sacramento, CA 95823.

Professional Credentials:

*Doctor of Philosophy in Clinical Psychology, University of Iowa, 1969.

*Postdoctoral fellowship in child psychoanalysis, Reiss-Davis Child Study Center, 1969-1973.

*Licensed to practice psychology in California 1971.

*California recognized "Graduate Psychoanalyst."

*Certificate in Psychoanalysis, The Newport Psychoanalytic Institute.

*Member, American Psychological Association, California Psychological Association, Orange County Psychological Association.

*Certificate in Psychoanalysis, National Association for Advancement in Psychoanalysis.

*Certificate in Psychoanalysis, National Council of Psychoanalytic Psychotherapists.

*Honorary member Southern California Bioenergetic Society.

*Member, The International Bioenergetic Society.

*Diplomate, The American Board of Professional Psychology and The American Board of Forensic Examiners

What is Psychoanalytic Psychotherapy?

Psychoanalysis, developed by Dr. Sigmund Freud in Vienna in the early 20th Century, was both a revolutionary way of understanding human emotions and of helping people with their psychological problems. He helped the world understand that the "rational" adult who functions more or less successfully in the "real world" is only a part of the total person. Under the rational self is the unconscious self and Freud was able to demonstrate the powerful influence that the unconscious feelings and thoughts had on the health of his patients.

Psychoanalytic psychotherapy differs from other psychotherapies in its focus, depth, and method. Other therapies help you solve particular problems. In psychoanalysis, specific problems are viewed in the context of the whole person. The quest for self-knowledge is the most important key to changing attitudes and behavior.

Psychoanalytic psychotherapy is based on the insight that our adult personalities are the result of many developmental stages. At any stage, the way we have reacted to events in our lives may have caused us to get "stuck." Of course, we do "grow up." But we carry within the aspect of ourselves that "got stuck," that didn't have a chance to develop. We can have an adult exterior, and be functioning more or less successfully. But internally we may feel vulnerable, confused, depressed, angry, afraid, etc. We may not feel able to bounce back from rejection, get past blocks, allow our real feelings to surface, or stay in touch with our desires.

Psychoanalytic psychotherapy is designed to help you get in touch with your unconscious, the memories, feelings and desires that are not readily available to your conscious mind; it is designed to help you understand how your unconscious feelings and thoughts affect the way you act and react, think and feel today.

People in analysis talk about everything: their current problems or concerns, their work, their relationships, their feelings, their childhood, their parents, their adolescent years, or whatever seems important to them at the moment. They find, by doing so, that they learn more about the sources of their current dilemmas, and how to make their lives better. By telling your story, in your own way, in your own time, and in your own words, to someone who knows how to listen and give new meaning back to you, you learn to hear yourself in a new way.

Psychoanalytic psychotherapy provides a safe place for you to discover and tell yourself the truth. It will give you a unique opportunity to re-experience your personal history, see it in a new way and make connections between past and current conflicts that illuminate your situation and enable you to change.

Psychoanalytic psychotherapy moves along according to the pace you set for it, you go as far and as deep as you are ready to. But when you have difficulty in being honest with yourself and open with your therapist, you both can stop and look at that and, together, figure out the reasons for your reticence.

You will also be encouraged to talk about your feelings that come up about your treatment or about your therapist. These feelings are important because elements of one's earliest affections and hostilities toward parents and siblings are often shifted on to the therapist. This phenomenon, known as transference, offers a rich source of understanding, for it enables you to re-experience and re-work important feelings from the past with the maturity of the present. As you work through old conflicts and put them to rest, you grow as a person.

The therapist acts as your guide as you explore your inner life. Together you examine your ideals, expectations, hopes, and desires as well as your feelings of guilt, shame, doubt, or despair. Your therapist aims to create an environment of safety so you can unfold your authentic self without fear of judgement or the pressure to please.

A very special relationship between therapist and client develops over time and through the dialogue in which both participate. It becomes a powerful alliance with the shared goal of change and greater understanding for the client. This confidential relationship, central to psychoanalytic psychotherapy, is unlike any other relationship you will have.

Psychoanalytic psychotherapy is not short-term therapy; it does take time to explore the complex layers of feeling and experience that make up your own unique history. People find that their therapy can extend for four, five or more years, but there is no prescribed length of treatment. When you feel you have accomplished what you wanted, you and your therapist can set a termination date.

While in psychoanalytic psychotherapy, people typically find that both their personal relationships and their work lives improve. As they understand themselves and the people in their lives better, they can live more freely. As they resolve conflicts, they have more energy than before to do the things they really want to do. They waste less time, their days become fuller, their relationships more rewarding. Often they are better able to negotiate salary increases or go on to more rewarding careers.

Psychoanalytic psychotherapy aims to help you experience life more deeply, enjoy more satisfying relationships, resolve painful conflicts and better integrate all the parts of your personality. Perhaps its greatest gift is the essential freedom to change and to continue to grow.

Excerpted from: "What is Psychoanalysis?" Published by the National Psychological Association for Psychoanalysis.

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I have read this informed consent completely and have raised any questions I might have about it with Dr. Hedges.

I understand that Dr. Hedges is responsible for maintaining all professional standards set forth in the ethical principles of the American Psychological Association and the Laws of the State of California governing the practice of professional psychology and that he is liable for infractions of those standards.

I understand that I will be fully responsible for any legal costs arising as a result of my contact with Dr. Hedges, including appropriate compensation for his time involved in preparing for and doing court work.

This agreement constitutes the entirety of our professional contract. Any changes must be signed by both parties.

Signature

Date

Print Name

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