

ESOTERIC Informed Consent for Psychotherapy

Esoteric Therapy PC
917 E. Granada Rd. Ste. 3
Phoenix, A.Z. 85006
(602) 688-9148

Informed Consent for Psychotherapy

Welcome & Land Acknowledgment

Welcome to Esoteric. As an LGBTQIA+, woman-led organization, we honor the land on which we conduct our services.

Phoenix is situated on the ancestral lands of the O’Odham and Piipaash peoples, whose cultural and spiritual connections to the land continue to this day.

The land now known as Phoenix has been inhabited **from time immemorial** by the O’Odham and Piipaash peoples, as well as their ancestors, the Hohokam and Pee-Posh (Maricopa) communities. These groups have maintained deep cultural, spiritual, and historical ties to the region, including sacred natural landmarks, archaeological sites, and traditional irrigation systems that shaped the development of the desert metropolis. The Salt River Pima-Maricopa Indian Community (SRP-MIC) and the Gila River Indian Community (GRIC) hold aboriginal title to lands historically used by these peoples, covering approximately 3,751,000 acres in South-Central Arizona.

Purpose of Land Acknowledgements

Land acknowledgments serve to **recognize the original caretakers of the land**, honor their ongoing cultural and spiritual connections, and foster understanding, respect, and partnership with Indigenous communities. They are also a step toward **truth-telling and reparative practices**, highlighting historical injustices and promoting visibility for Native American knowledge, history, and contributions

General Information

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with us. Please read and indicate that you have reviewed this information and agree to it by applying your signature to the end of this document.

Appointments, No Shows, and Cancellations

Cancellations must be made with at least 24 hours’ notice. Failure to do so will result in a \$48 charge (if permitted by your insurance) as your appointment time is reserved specifically for you. If you are late, you may lose part of your session. Standard sessions last 54 minutes unless otherwise arranged.

Telephone Accessibility

If you need to contact your therapist between sessions, leave a voicemail or send a text message to (602) 688-9148. Non-urgent calls will be returned within 48 hours. In a crisis, do not wait—call 911 or the Maricopa County Crisis Line at 602-222-9444.

Crisis Services

If you are in crisis, you agree to call 911 or visit the nearest emergency room. For behavioral health emergencies, call your local crisis line:

- Northern AZ: 877-756-4090
- Central AZ: 602-222-9444
- Southern AZ: 866-495-6735

For those in the Phoenix valley, we recommend Mind 24/7 mental health crisis center: <https://www.mind24-7.com/>

Confidentiality

The session content and all relevant materials to the client's treatment will be held confidential unless the client requests in writing to have all or portions of such content released to a specifically named person/persons.

Limitations of such client held privilege of confidentiality exist and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts themselves in a manner in which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #3 and # 4.
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.
7. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.

Occasionally we may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

If we see each other accidentally outside of the therapy office, we will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and we do not wish to jeopardize your privacy. However, if you acknowledge us first, we will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

Social Media and Electronic Communication

We do not accept friend requests from clients to protect your privacy. Email or text may be used for scheduling, but should not be used for clinical discussions or emergencies. We use secure platforms to secure all your data and protected health information.

Telehealth Services

We primarily provide therapy via telehealth. Telehealth may affect the therapist's ability to observe nonverbal cues or detect important clinical issues. We request that you inform us of the location of your local ER is as well as your local police department. Having that information available in a medical emergency is critical because your provider is unlikely to be in the same town as you are and may not be able to come check on you.

Minors (Ages 13+)

We follow best practices when treating minors, therefore we request signed consent from both parents (if applicable). We further request copies of divorce decrees and/or parental custody to determine who has rights over medical care to ensure we are following the law. Failure to provide this information may stall our ability to enroll your teen in therapy. Parents/guardians may be entitled to limited information in order to preserve the therapeutic relationship. Esoteric Therapy providers will always reach out to the parent/guardian in the event of a crisis, such as allegations of abuse, DTS/DTO ideation, etc. Confidentiality may be discussed with the family to clarify what is shared. Please reach out to the assigned therapist to further discuss.

Termination and Missed Appointments

Therapy may be terminated if you no longer need care, if it's no longer beneficial, or if fees are unpaid. Missing two consecutive scheduled intakes will also be considered treatment abandonment, and we will refer you back to your insurance provider if applicable. Missing sessions for more than 21 business days without communication may be considered treatment abandonment, and your file may be closed.

Provider Ethics

All Esoteric providers follow their respective ethical codes and the rules of the Arizona Board of Behavioral Health Examiners. Our practice adheres to ethical, legal, and professional standards in the delivery of behavioral health services.

Client Rights

As a client of Esoteric, you have the right to:

1. Receive treatment free from discrimination.
2. Be treated with dignity and respect for your individuality.
3. Participate in your treatment planning and decisions.
4. Review your medical record upon written request.
5. Refuse participation in research or experimental treatments.
6. Receive accommodations or assistance in understanding and exercising your rights.

Financial Agreement and Card Authorization

Payment is due on the date of service. Esoteric collects payment via card on file, including debit, credit, HSA, or MSA cards. If a card is declined, we will contact you to collect the balance. Fees for services are your responsibility even if insurance coverage lapses. You authorize Esoteric to charge your card for services rendered, including co-pays, deductibles, and missed appointments.

Insurance and EAP Coverage

If you are using EAP services, you must provide verification and authorization. If authorization is denied or benefits lapse, you are responsible for all fees. Esoteric does not bill out-of-network insurers but will provide a superbill upon request for reimbursement.

Fees and Missed Appointments

Full Fees:

- \$240: Initial Diagnostic Evaluation (90791)
- \$180: Individual Psychotherapy (based on length)
- \$240: Family Psychotherapy (90846/90847)
- \$80: 1 hour of Group Psychotherapy (90853)
- \$48: Late Cancellation/No Show
- \$24/hour + \$0.24/page: Records Requests
- Legal Fees: Prorated at session rate if applicable

Fees are subject to change and are billed after services are rendered. Failure to pay within 30 days may result in collections and/or termination of services.

If you are experiencing financial hardship, please ask about our sliding scale options.

Note: If you have insurance, these rates will be billed directly to your insurance carrier—not to you. You may receive an invoice showing the full billed rate; however, this reflects the amount submitted to your insurer, not what you owe.

Notice of Privacy Practices (HIPAA & 42 CFR Part 2)

Your information is protected by state and federal law. Esoteric complies with HIPAA and 42 CFR Part 2 for substance use services. You have the right to:

- Access and amend your records
- Request how we communicate with you
- Request restrictions on disclosures
- File complaints without retaliation

We will not disclose your information without consent except as required by law, for treatment, payment, or in emergencies.

AI Self Diagnosis

Many people explore AI chatbots or online tools to understand their mental health. These tools can help organize thoughts, but they cannot provide diagnosis, crisis support, or professional clinical guidance. During your intake, we may ask whether you've used AI tools to learn about symptoms or make sense of your experiences. This helps us understand your starting point, correct any misinformation, and make sure you're receiving safe, accurate care. Your treatment at Esoteric is always guided by licensed human clinicians who hold legal and ethical responsibilities that AI can not replace.

Legal Disclosures and Acknowledgment

Esoteric does not voluntarily participate in litigation and does not provide letters or documentation for court, custody, employment, or personal matters. By signing, you acknowledge your understanding and agreement to this policy.

You also acknowledge that therapy may involve emotional discomfort, and while outcomes cannot be guaranteed, Esoteric will support your healing process with care and professionalism.

The Therapeutic Process You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. We cannot promise that your behavior or circumstance will change. We can promise to support you and do our very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

KJB (Kara Jean) Brei

Licensed Professional Counselor

KJB (Kara Jean) Brei (they/them) began their career in the mental health field in 2008 and brings over a decade of experience supporting individuals navigating complex trauma, substance use, identity-related stressors, and relational challenges. They work from a reality-based, forward-moving, and deeply trauma-informed perspective, helping clients make meaning of difficult experiences while developing practical and sustainable change.

KJB's clinical background includes work with youth exhibiting concerning sexual behaviors, individuals with serious mental illness, incarcerated populations, and clients in residential and intensive outpatient substance use treatment settings. Most recently, they have worked with unhoused individuals engaged in high-risk substance use, providing care within an intensive outpatient framework. Their professional work is informed by lived experience in dual diagnosis and ethically non-monogamous relationship structures, which allows them to approach treatment with nuance, humility, and respect.

KJB identifies as LGBTQ+, neurodivergent, and kink/fetish-aware and affirming. They take a harm reduction approach and are especially attuned to working with individuals who feel marginalized, misunderstood, or "outside the norm." They are well-suited to support members of creative communities, alternative lifestyles, and those who have historically not felt well-served by traditional or pathologizing models of therapy.

Clinically, KJB works primarily from an analytic psychodynamic framework, incorporating existential and narrative interventions to support insight, self-agency, and meaning-making. Their style is honest, engaged, and collaborative, with an emphasis on helping clients develop their own authentic solutions rather than imposing rigid therapeutic formulas. KJB has also received training in trauma-informed psychodrama processing.

At Esoteric PC, KJB enjoys working with clients of all ages who are navigating complex inner worlds, identity exploration, recovery, or the long-term impact of trauma. They are particularly drawn to individuals who identify as eccentric, alternative, or who have long felt like outsiders—and who are ready for therapy that meets them where they actually are.

Acknowledgment & Consent

By signing below, I acknowledge that I have read, understand, and agree to all terms and conditions outlined in this document. I consent to receive behavioral health services from Esoteric and understand my rights, financial responsibilities, and the limits of confidentiality.