

**INFORMED CONSENT**  
**Rebecca Pollard-Pierik, LPC**  
**www.rebeccapollard-pierik.com**  
**therapy@rebeccapollard-pierik.com**  
**512-413-0411**

---

*Welcome to my psychotherapy practice!*

This form explains more about working with me. For more information about me, please visit my website at [www.rebeccapollard-pierik.com](http://www.rebeccapollard-pierik.com)

First and foremost, everything you share with me during our sessions will be kept private. In all but a few rare situations, your confidentiality is protected strongly by state law, the rules of my profession, and my personal integrity. Here are the exceptions:

- If I have reason to believe that you may harm yourself or others.
- If I have reason to believe that you are involved in or have knowledge of abuse or neglect of a child; or abuse, neglect, or exploitation of a person who is elderly or has a disability.
- If I am ordered to disclose by a court of law.

If you need me to communicate to someone outside of session about our work, I can do so if you sign a release form granting permission for me to share confidential information with a designated third party. For more on that, please review my Notice of Privacy Practices. I'll offer you a hard copy, and it's also available on my website.

### **The Therapeutic Process**

I practice attachment-based psychotherapy with a somatic orientation. This means that in addition to reflecting on challenges or experiences you are facing in your life, our work will frequently focus on what is happening in the present moment in the therapy room. To achieve this, I will frequently guide you to focus on your feelings and sensory experiences as well as on your inner experience with respect to me and our relationship. We will use this information to explore your organic responses to situations and relationships in your life, and to work to integrate those responses with your goals and expectations. Over time we will also investigate how your sensory experiences, thoughts, and feelings relate to long-held interpersonal patterns formed in both early relationships and potent life experience. As we explore these patterns, you can decide which of these patterns you'd like to keep and which you'd like to transform.

While I draw from a range of different approaches to psychotherapy, two approaches are foundational to my work: Somatic Experiencing and Accelerated Experiential Dynamic Psychotherapy. (I completed training in Dynamic Engaged Experiential Psychotherapy, which is an adaptation of AEDP.) I am happy to share more about each of these

approaches with you, and you can also find information on these websites, [www.traumahealing.org](http://www.traumahealing.org) and [www.aedpinstitute.org](http://www.aedpinstitute.org).

It is difficult to know from the onset what themes or experiences you may encounter during therapy as this varies greatly from person to person. We will find out together as the therapy unfolds, and I will continually check in with you about whether and how our work is impacting you so that I can make adjustments to better meet your needs. Likewise, it can be challenging to estimate how long a course of therapy may last. We will determine together when you are ready to complete our work. Changes in psychotherapy tend to be cumulative over time. While no psychotherapy can promise or guarantee a specific outcome, I have witnessed how this approach to therapy enhances self-awareness, self-acceptance, and life satisfaction for the majority of individuals who undertake it.

Because the therapist-client relationship is so important, I cannot be involved in a social relationships or friendship outside of therapy. Limiting our relationship to therapy keeps your therapeutic environment safe, secure, and free of outside complications that could interfere with your therapeutic work.

### **The Therapeutic Use of Touch**

The use of therapeutic touch is indicated during psychotherapy in some cases. I have been trained in the use of gentle therapeutic touch to support clients who are experiencing strong emotion or high activation resulting from anxiety, PTSD, or acute stress due to trauma, loss, grief, or abuse. Touch may also be used to support processing of emotions related to early attachment experience. Therapeutic touch may come in the form of light touch on the shoulder or back, hands or feet, or at specific joints. If I believe touch may be an appropriate intervention in our work, I will discuss the possibility of using it with you. You are always welcome to ask about, request, or decline the use of touch prior to my bringing it up.

It is both my intention and my ethical imperative to ensure that my use of therapeutic touch feels appropriate, attuned, supportive, and helpful to you. I will ask for your permission each time before initiating touch, and if you decline I will suggest a different non-touch intervention. I will always honor your request to decline or halt the use of therapeutic touch.

### **Fees and Payment**

My fee is \$140 per 55-minute therapy hour. For payment, I accept cash, checks, and electronic payment through VenMo. I do not accept credit cards at this time. Checks can be made out to *Rebecca Pollard-Pierik*.

## **Cancellation Policy**

If you need to cancel an appointment, I require 24-hours notice. Otherwise you will be charged full fee for the missed appointment. I hold this policy to honor my own boundaries around my time and, importantly, to encourage you to make our appointments—and your therapy—a priority. Sessions are expected to begin at the scheduled time. Late arrival on your part will not necessarily extend the scheduled ending time for a session though if I can add extra time at the end when you are running late, I often will. I am also expected to be on time, and I will make appropriate remedy if I am late, such as by making up the time or pro-rating the fee.

## **Outside Contact and Emergencies**

In case of an emergency, or if you need immediate assistance for any reason, please call 911. You may also call the Austin Travis County Integral Care 24-hour crisis hotline at **512-472-HELP (4357)**.

For non-emergencies, you may leave a message for me on my private, confidential voice mail at 512-413-0411. ***Please note that this number is not an emergency line.*** You may also email or text me for non-emergency purposes. I check my messages daily Monday through Friday, and I will return your call as soon as I can. I try to return all calls by the end of the next business day. I return all urgent calls as soon as possible. If a reasonable amount of time has passed and I have not returned your call, text, or email, please leave another message, as sometimes cell phones drop calls or delay delivery of messages or texts, and sometimes emails are inexplicably deleted or dropped.

Please feel free at any time to ask me any questions you may have about the information outlined in this or any of my other forms.