**Sam Poyta Counseling, PLLC**

Sam Poyta, MSW, LSWAIC
[www.sampoytacounseling.com](http://www.sampoytacounseling.com)

#503-732-0409; 1409 NW 85th Street

Seattle, Washington 98117

Counselors are required by Washington State law to provide written disclosure of the following information to clients before counseling begins, and to obtain signed consent to counseling once the client understands the information to their satisfaction. As a client, you have a right to choose a counselor who best suits your needs and objectives. You have the right to ask questions about treatment at any time throughout the period of our counseling sessions. You have the right to refuse or end counseling at any time.

Please read this document thoroughly and when it is understood and agreed to, initial and sign where indicated. This signed document is our written contract to enter into the therapeutic process. If you have any questions or concerns, please let me know and I will be happy to discuss them with you.

The following statement is required by law: “Counselors practicing counseling for a fee must be

registered or certified with the department of health for the protection of public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, nor necessarily implies the effectiveness of such treatment.” (WAC 246-810-031)

**Education, Training & Experience**

I am a Licensed Associate Social Worker in Washington State; my license number is SC61036939.

I am part of the Seattle group therapy practice of Zane Behnke, LICSW and receive ongoing supervision from him. I earned a Bachelor of Arts degree in Spanish from the University of Virginia in 2009 and graduated with my Master’s degree in Social Work from the University of Washington in 2018. Since graduation I have worked with youth, families and adults in community mental health clinics, nonprofit settings, permanent supportive housing and community senior centers.

I have received training and supervision in Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Non-Violent Communication, Trauma-informed Yoga and Mindfulness modalities. I have experience working with clients with anxiety, depression, chronic pain and illness, post-traumatic stress disorder, substance use disorders and co-occurring disorders.

I am ethically and personally committed to providing you with counseling treatment that is effective for you. I recognize that clients, counselors, and the relationship between them are extremely individual. Uncomfortable feelings can come up during therapy and are a natural part of the process. However, if at any time you feel our counseling work is not right for you, please talk to me about it so that I can address your concerns.

**Confidentiality:** I do not disclose information about my work with patients, except when authorized by state or federal law. I will not disclose any other information about my clients without the written consent of the patient.

**Payment:** My fee is $125 per 50-minute session for work with individuals and $140 per 50-minute session for work with couples and families. I accept cash, check or credit card payments

(subject to a 2.75% credit card fee) due at time of service. I am in-network with most Kaiser, Premera, LifeWise and Blue Cross Blue Shield plans. Most of my clients pay out-of-pocket for counseling. This way I can assure the highest degree of privacy, flexibility and control of mental health records. My private records are exempt from insurance reporting and random compliance audits. If you are thinking about using insurance to supplement the cost of therapy, I can provide reimbursement documentation for your out-of-network benefits. Care management, (for example providing documentation for medical leave), is provided at the rate of $140 per clock hour and is not reimbursable by insurance.

**Cancellation Policy:** Appointments must be cancelled at least 48 hours in advance of scheduled

appointment. No show appointments and appointments cancelled after the 48-hour window has elapsed are charged the full session rate of $125 (individuals) / $140 (couples/families).

**Client Commitment to Therapy:** Frequent cancellations and late arrivals are disruptive to the therapeutic process. If multiple cancellations and/or late arrivals become a pattern, I reserve the right to terminate services.

**Credit card:** Upon intake I will take a credit card on file that I will use in case of a no-show or a late cancel. I will always notify you when I bill for a no-show or late cancel.

I cannot guarantee I will be available outside of scheduled appointment times. If you are in crisis, please call the King County Crisis Line at 206-461-3222 or call 911 if there is a life-threatening emergency. When I am not available, for less urgent mental health concerns, you can reach out to my clinical supervisor and lead therapist of the group therapy practice I belong to:

**Zane Behnke, LICSW: 206-552-4046; https://zanebehnke.com/**

By signing this document, you attest that you have been provided with the above disclosure information and have read and understand this information provided.

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Client Date

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