Sandra Parker Ph.D.   Registered Psychologist

The therapy relationship is a unique connection, its' primary purpose being to facilitate your healing and growth. Our relationship has certain boundaries that define our connection and responsibilities in the work we do together.

I, as the therapist, strive to do four main things in our work together:

- Be fully present and open with you to foster a safe context within which you may explore all the aspects of who you truly are.
- Facilitate and track the felt sense of bodily-rooted emotional experience.
- Engage emotionally with you to co-regulate difficult feelings and deepen and strengthen your own capacity to deal with them.
- Be a sounding board for your own inner wisdom, reflecting back your innate, wired-in disposition for healing and growth.

You contribute your knowledge of yourself, and your will to work on the goals we agree upon. You are the *expert on you* and I am the *expert on making change that lasts*. You always have the right to withdraw from therapy at any time, and at no point will you be forced to do anything you do not choose to do. In addition the following boundaries structure our work:

- Sessions are weekly and last 50 minutes starting at the scheduled time.
- The fee per session is $225.00. A minimum of one month's notice will be provided when fees are to be increased.
- Payment is provided at the start of each session.
- A minimum of 48 hours notice of cancellation of an appointment is required in order to avoid paying the full fee for the session.
- My office telephone number with voice mail is available 24 hours a day so you may contact me if you need to and to make or change appointments.
- All material from our sessions is completely confidential, and will not be disclosed to anyone outside the session without your consent. Legal exceptions to this include: a) if there is clear threat of harm to self or others; b) if there is clear indication of current child abuse; c) if ordered by the courts.

I, _____, have read and understand the above information and have received a copy of this document.

_____   _____

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