

Mandatory Disclosure Statement - Caralee Frederic, LCSW, CGT, SRT

The therapy I receive will be conducted by Caralee Frederic, LCSW, CGT, SRT with Principle Skills Relationship Center, LLC.

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Caralee Frederic has the following degrees, credentials, trainings, and certifications:

- LCSW #470 Licensure after passing the Clinical Social Work Exam and completing the required number of supervision and clock hours mandated by the state of Colorado
- Certified Gottman Therapist (CGT) #189 through The Gottman Institute or Gottman, Inc. Certified Sex Addiction
- Recovery Therapist through the American Association of Sex Addiction Therapists, CO
- Certified in Discernment Counseling
- Masters of Social Work from San Jose State University, CA
- Bachelors of Social Work from Brigham Young University, minor in psychology
- EMDR trained and in consultation with Debbie Molik, LCSW, EMDRIA certified supervisor

My services and fees are as follows unless otherwise noted to you in writing:

Comprehensive Couples Assessment - For couples who are sure they want relationship therapy. Assessment is a critical part of relationship work, clarifying historical and current challenges that inform the path for change. A comprehensive assessment values your time, energy, and money, by providing the clinician data toward appropriate, research-based interventions.

Elements of Assessment:

Element #1: Partners meet with the clinician together for a relationship interview expressed from each person's viewpoint. \$600, including cost of 80 minute appointment, analysis, and treatment plan creation.

Element #2: Each partner independently completes the online Gottman Connect which comes from the Gottman Institute developed from over 40 years of research. Consisting of relevant questions about common relationship elements such as friendship, intimacy, conflict, trust, parenting, housework and finances. This is a powerful tool that provides a wealth of data toward needed intervention. \$39 per couple directly to The Gottman Institute with a link provided by the therapist.

Element #3: Each member of the partnership talks with the therapist alone to discuss their candid perspective of the relationship, personal background information, and goals for the relationship. These individual sessions are typically 45-50 minutes and play an important part toward intervention. If any partners are in individual therapy, the therapist will also ask them to sign a release of information for the individual therapist/s. Partners are not required to release information from their individual therapy, but may help with coordinating care with other providers and hearing other professionals' concerns about partner therapy. The cost for these collaborative phone calls is included in the cost of assessment. \$240 each if scheduled in two separate 50 minute appointments or \$360 total if scheduled jointly for a split session.

Element #4: The Feedback session is scheduled at least a day after the individual sessions to allow the therapist time to review all of the information and prepare thoughtful feedback on the results of the assessment. Partners and the therapist review strengths and challenges for the relationship and discuss how intervention/therapy might look given the current challenges in the relationship. \$360 for an 80 minute appointment.

At the conclusion of assessment, partners have the choice to schedule intervention/therapy or decide to not begin therapy. If the partners and the assessing therapist agree, traditional therapy, discernment counseling, marathon therapy, or intensive therapy can be scheduled.

Couples Therapy Session - \$360.00 for 80 minute session - time spent working on goals outlined in treatment plan and/or current life challenges or topics brought in by clients. This follows the Comprehensive Couples Assessment.

Discernment Assessment Session - \$480 for 120 minute session - For "couples on the brink" who are unsure about couples therapy or remaining in the relationship. Time is spent processing and challenging positions in the relationship for clarity and confidence in determining the future of the relationship. Half of the first session is spent understanding the main conflict and relevant circumstances related to wanting to stay or

leave, and the second half is spent in split sessions understanding each partner's personal history and views on the relationship.

Discernment Counseling Session - \$360.00 for 80 minute session - For "couples on the brink". Time is spent processing and challenging positions in the relationship for clarity and confidence in determining the future of the relationship. Typically between 1 and 4 sessions beyond the discernment assessment session.

Marathon Therapy Session - \$240 per hour, up to 3 hours (\$720) at a time. The benefits of marathon sessions are the ability to get a lot more done in one day and digging into emotionally rich topics more quickly, ultimately shortening the time in therapy and avoiding time restraints sometimes present with traditional 80 minute sessions. Eligibility determined following Comprehensive Couples Assessment and is at your therapist's discretion.

Intensive Therapy Session - \$6000 bundled price includes: Comprehensive Couples Assessment, Gottman Connect questionnaire, Gottman Relationship Builder, two consecutive days of therapy from 9am-4pm with an hour for lunch, and two 90-minute follow-up sessions scheduled at the time of the Intensive. Additional follow-up sessions will be priced at the above rate for Couples Therapy Session. Intensive intervention is not the right fit for everyone. If you have concerns about your eligibility, please call or schedule a time to speak with your therapist. Eligibility is based on your therapist's discretion.

COUPLES WORK IS NOT THE RIGHT FIT FOR EVERYONE

The following situations are not conducive to couples therapy and need individual therapy prior to scheduling relationship work.

- Intent to deceive the other partner/s by not being transparent. This can include any manipulative behavior, including undisclosed betrayals around money, emotional or sexual affairs, addiction, etc.
- Untreated addiction/s, or failure to comply with addiction recovery plan/s.
- Serious violence, threats of violence, or fear that violence may occur.
- Suicidal or homicidal thoughts or untreated/undertreated mental illness (bipolar disorder, major depression, schizophrenia, etc.
- Inability to take breaks, self-sooth, and return to therapy within 20-minutes.

Please discuss any of these concerns with your therapist. They will work with you to find specialized individual therapists, collaborate with these providers, and time relationship work so that it is safe and effective.

Individual therapy intake - \$360.00 for 80 minute session - assessment of personal history, including family of origin, challenging life experiences, current and historical well-being, goals, and strengths. Additional assessments may be recommended following the initial assessment.

Individual therapy session - \$240.00 for 50 minute session - time spent working on goals outlined in treatment plan and/or current life challenges or topics brought in by client.

Additional items or services may be recommended, must be scheduled separately, and are not included in the above estimates.

Additional Disclosures:

I will work with you to get an estimate of fees on a monthly and yearly basis based on your specific therapy needs, requests, and recommendations, called A Good Faith Estimate. Your portion of payment is to be paid in full at the beginning of each session; fees are subject to change.

I have been informed of the fee and payment arrangements. I agree to assume responsibility for that portion of the payment for which I am legally liable. I understand that fees are charged automatically unless otherwise requested. If a third party is paying for some or all sessions, I will be required to sign a release of information form allowing the therapist and office manager to speak with the third party payee.

I am responsible for the full fee if my appointment is not canceled at least 48 hours in advance on business days (Monday through Friday 9 am to 5 pm). If I arrive late or do not show, I am responsible to pay for the full session. If I am not consistent in my appointments, including but not limited to three canceled appointments in 2 months, my therapist may talk to me about removing me from the schedule or finding another solution to scheduling due to inability to make progress.

I understand that I can seek a second opinion from another therapist and/or terminate my treatment at any time. I understand it is not recommended to see two individual therapists simultaneously on an ongoing basis due to ethical standards and best practice.

I understand that all therapy can be conducted in-person or over secure video links (telehealth) depending on my needs and preferences. If I choose to use telehealth, I understand that I am responsible for the privacy and security on my end.

Consultation and disclosures during the sessions between therapist and client are held in strict confidence, with the protection of the law, but also subject to it. Clients have a right to ask about the protection of case records. Exceptions to confidentiality include when a client presents a physical danger to self or another, when child/elder/at-risk adult abuse or neglect (including physical punishment, verbal abuse, sexual abuse, child pornography, denial of basic needs, etc.) is suspected, and threats to national security. Mental health professionals are required by law to inform potential victims and legal authorities so that protective measures can be taken.

CRS 12-43-214(1)(d) Privileged Communications – The information provided by a client during therapy sessions is legally confidential, except as provided in section 12-43-218, and except for certain legal exceptions which will be identified by the therapist, should any such situation arise during therapy. Examples would be the mandatory reporting of child abuse, or where there may be harm to the client or others. You should be aware that in the case of a board complaint, it is likely that your file will be subpoenaed and reviewed by the board and its attorneys.

Therapists are ethically required to consult with other mental health providers, when necessary, to ensure competence in treatment. I further understand that any requests for obtaining medical or mental health information from others or releasing such information to others will be done only with my written consent. I have the ability to withdraw this consent at any time recognizing that I cannot undo any action taken prior to withdrawal.

I understand that therapy will utilize verbal psychotherapeutic techniques, body awareness and regulation techniques, bilateral stimulation techniques (eye movement, hand held devices, tapping) to help me in growing as an individual, a partner within a relationship and/or as a member of a family or social group. I understand I am able to request information about the methods of therapy and techniques used, including duration of the therapy and fee structure.

CRS 12-43-214(1)(d) provides the following: A client is entitled to receive information about the methods of therapy, the techniques used, the duration of therapy (if known), and the fee structure. A client may seek a second opinion from another therapist or may terminate therapy at any time. In a professional relationship, sexual intimacy is always inappropriate and should be reported to the grievance board.

I understand that in this office, no nudity, no physical examination, nor any overt sexual behavior will be involved in the assessment and treatment of my sexual concerns. Sexual intimacy is never permitted between therapist and client in any respect. Further, I understand I will not be expected to engage in sexual activities that are against my moral or religious convictions, and I maintain the right to ask about the therapeutic purpose of any homework assignment given.

Caralee Frederic is not a physician and cannot, therefore, prescribe medication. Medications may be discussed as part of your treatment, and this is not to be taken as medical advice. Always consult with your physician regarding medication choices.

While I am Certified in the Gottman Method Couples Therapy, I want you to know that I am completely independent in providing you with clinical services, and I alone am fully responsible for those services. The Gottman Institute or its agents have no responsibility for the services you receive.

I understand that upon my request of assistance with a sexual concern, professionally recognized procedures for the treatment of sexual dysfunction will be utilized. When clinically appropriate and with my consent, this treatment may involve the use of educational audiovisual materials, recommendations for reading, behavioral homework tasks and other awareness and/or relaxation assignments.

I understand that if I am not making reasonable progress in therapy, my progress and options will be discussed with me, which may include termination of therapy or referral. By choosing to participate in therapy, I am choosing to actively work towards goals alongside my therapist, including following appropriate recommendations.

I understand that a therapist is a “consultant” and a resource professional only and that interventions and recommendations offered may be freely accepted or rejected. Therefore, decisions made during and after counseling are the responsibility of the client, couple and/or the family.

CRS 12-43-2 14 (1)(c) provides that the practice of both licensed and unlicensed persons in the field of psychotherapy is regulated by the Department of Regulatory Agencies (DORA). Questions or complaints may be addressed to: State of Colorado Department of Regulatory Agencies; State Grievance Board; 1560 Broadway, Suite 1340; Denver, CO 80202 | 303-894-1766 | 303-894-7800.

Regulatory requirements applicable to mental health professionals are as follow:

1. A registered Psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in CO, but is NOT LICENSED by the State and is NOT required to satisfy any standardized educational or testing requirements to obtain a registration by the State.
2. A Psychologist Candidate, A Marriage and Family Therapist Candidate, and a Licensed Professional Counselor must hold the necessary licensing degree (master's) and be in the process of completing the required supervision for licensure.
3. A licensed Marriage and Family Therapist must hold a master's or doctoral degree in marriage and family counseling, have at least 2 years post-master's or one year post doctoral practice, and pass an exam in marriage and family therapy.
4. A licensed Professional Counselor must hold a master's or doctoral degree in professional counseling, have at least 2 years post-master's or one year post-doctoral practice and pass an exam in professional counseling.
5. A Licensed Social Worker must hold a master's or doctoral degree from a graduate school of social work, and pass an examination in social work.
6. A Licensed Clinical Social Worker must hold a master's degree or a doctoral degree from a graduate school of social work, practice as a social worker for at least 2 years and pass an examination of social work.
7. A Licensed Psychologist must hold a doctorate degree in psychology, have one year of post doctoral supervision and pass an examination in psychology.
8. A Certified Addiction Counselor I (CAC I) must be a high school graduate or equivalent, complete required training hours and 1,000 hours of supervised experience.
9. A Certified Addiction Counselor II (CAC II) must be a high school graduate or equivalent, complete required training hours, 2,000 hours of supervised experience and pass a national exam.
10. A Certified Addiction Counselor III (CAC III) must have a bachelor's degree in behavioral health, complete CAC II requirements and complete additional required training hours, 2,000 additional hours of supervised experience and pass a national exam.

11. A Licensed Addiction Counselor (LAC) must have a clinical master's degree, meet the CAC III requirements, and pass a national exam.