

The process of psychotherapy:

Like life itself, psychotherapy is a process, not an event. Therapy is not something I do to you, but something I do with you. It is useful to think of the process as working to facilitate change and growth, and as you are no doubt aware, personal change depends on your commitment. I often tell people that in psychotherapy, you pay for a professional who is a neutral and safe to listen carefully to your ideas, challenge your thinking and perception, and behavior. While this sounds simple, it is in fact a process that underlies one's brain architecture. Knitting together new ideas and practicing behavior does in fact create new neuronal pathways and can profoundly impact your perceptions and behavior.

Changing and growing is a demanding and dynamic process. Oftentimes in psychotherapy one feels "worse" before one begins to feel "better" or experience change. It is important that during your course of psychotherapy, that you continue your work outside of the sessions and that you allow a period of time for self care.

There is no magic bullet. Change and growth occur because of incremental change and discovery. At times you may receive assignments to do outside of our sessions, and I may refer you to books, activities and exercises. A journal of your process may be helpful if you follow the basic guideline that if you describe a problem, you should also describe what you would like in the future.

I am honored to do this work, and thank you for your commitment to change and grow. If you have questions, it is important that you raise them. When one is uncomfortable or if you have any kind of feelings about psychotherapy, this can reveal patterns, perceptions, and feelings in yourself and your relationships which can be important to explore in therapy. I encourage you to be brave and bold in sharing your internal process.

Clinical Supervision:

As a master's level psychologist, when I do testing or perform psychological services, I obtain regular independent supervision from a licensed psychologist. Your confidentiality is protected by both law and ethics, in that I discuss circumstances not individuals. Supervision and consultation is both a standard and required practice, often helping me to be a better therapist, as well as complying with various requirements. My supervisors are John Schneider, Ph.D., L.P. and Barbara Jones-Smith, Ph.D., L.P.

Closure and Termination of Psychotherapy Services:

Therapy generally lasts until the treatment goals, determined mutually, are met. Therapy can be focused and short term, or may be more diffuse and long term depending on your goals and issues. Closure, or knowing when to end therapy is fundamentally your decision, though I reserve the right to refuse to treat anyone or to stop therapy in accord with your signed consent form and Interim policy and procedures.

Some insurance companies dictate the lengths or types of treatment they will cover, it is your responsibility to know any limits of your coverage and all costs incurred are your responsibility. There are times when ethics require referrals to tertiary care, and in extreme cases may require the therapist to petition for probate court jurisdiction. I would, of course, discuss with you any such ethical or legal requirements.

Interim Associates, PLLC

601 East Ludington Avenue Suite 1 Ludington, Michigan 49431

Email: patrick@interimcounseling.org

Phone: 231.843.8222

Web: www.interimcounseling.org

New Patient Information: About the therapist background, privacy and procedures

Therapist: Patrick S. McFarlane, MSW, MA, DCSW, ACSW, LMSW, and LLP*

Degrees: Master of Social Work (MSW)- Clinical and Administration
Master of Arts (MA) - Educational Psych/ Learning Disabilities

Education: The University of Michigan Ann Arbor (1989/1991)

Certification: Diplomate in Clinical Psychiatric Social Work (DCSW)
Academy of Certified Social Workers (ACSW)

Licensure: Licensed Master's Social Worker (LMSW)
Limited Licensed Psychologist-Masters (LLP)

*You may view a more complete curriculum vitae online

Welcome:

The purpose of this informational brochure is to provide a brief overview of my background and the ethics and procedures under which I practice outpatient psychotherapy. Interim Associates is a professional limited liability company of which Patrick McFarlane is the principal. While there are other professionals who work with Interim as contractors or use this space, they are independent practitioners and do not have a legal role within Interim Associates, PLLC.

Interim Associates, PLLC is a counseling practice treating children, adolescent, adult and senior clients in a general practice. Mr. McFarlane has training and experience in working with adolescent and family transition, trauma, learning and issues of sexual behavior and sexual abuse. Business is conducted in an informal and friendly fashion. This is not because I take your health lightly, but because I believe a low pressure, relaxed environment contributes to communication, health and healing.

Office hours, scheduling and communications:

Office hours in Ludington are Monday, Tuesday and Thursday from 10-6pm with other hours by appointment. All group sessions are generally on Wednesdays. You may call 231.843.8222 anytime to leave a message. As I am a small solo practitioner, I do not have a staff or receptionist, and thus I will return your call typically within 24 hours. You may also email: patrick@interimcounseling.org regarding scheduling or questions of procedure, realizing of course that this is a less secure way of communication. I will not exchange email regarding clinical issues.

Psychotherapy and Psychological Services:

Each session typically lasts 45-50 minutes. The first session however is an intake-assessment session, with the secondary but important purpose of becoming acquainted. At the second session, I'll review your circumstance and with you will develop a treatment and/or referral plan based on your needs. You must also weigh if you feel you can work with me. Interventions may include individual, group, family therapy, psychological testing, and contracting/planning. Modalities may include cognitive behavioral, narrative, object relations, psychodynamic therapies and trauma techniques including play, EMDR, CISD techniques. With children, play and projective techniques are used. Forensic evaluations include attachment/parenting, personality development and general psychological and sexual behavior assessment.

Confidentiality- Privacy and rights:

Psychotherapy and counseling records are protected by various state and federal statues and regulation, and various professional ethical codes. No information will be released or obtained about you without your express and written permission, except in legally required circumstances. These include the following issues:

- Any and all suspected or known child abuse must be reported.
- If there is an expressed specific intent to harm one’s self or others
- Under some circumstances, a judge may subpoena/order release of records or compel, against my will, my testimony.
- If there were an urgent medical crisis warranting release of information.
- Limited information may be released as part of business practices for the purposes of billing and/ or collections.

In most cases I will discuss with you any such need to reveal confidential information. The one exception would be if someone was in potentially imminent danger, for example if revealing a report could increase the threat against someone.

Confidentiality in the office and the community:

Interim Associates, PLLC works to protect everyone’s confidence. Within the public areas of the office I will not use your name. As this is a small community, please respect the fact that people come here to get assistance and **never reveal whom you may see here**. This is to protect your privacy, both others and your own.

In the community, if we should meet, it is my responsibility to never violate your confidence. You may choose whether or not to say hello. If you chose to say hello, I may say a quick hello and move on, but would never acknowledge how I know you or have an extended conversation. When I am away from my office, it is my personal and family time and thus never appropriate for me to have an extended conversation regarding work.

Appointments, cancellation and no-show policy:

I know that time is very valuable, both yours and mine. Due to the nature of this work, at times I may have to address an urgent or emergency matter and may run late. I appreciate your understanding and should such a delay occur, you will still receive your full clinical time. If I am forced to reschedule or miss an appointment, I will work with you to reschedule and of course no charges for that session would be incurred.

Interim Associates, PLLC policy requires 24 hours notice for a cancellation. There will be a charge for unkept appointments unless there was a serious emergency.

Payment and fees:

My fees are \$135/hour for an initial evaluation and any testing or forensic services. Normal charges are \$95/hour for each clinical hour thereafter. Phone consultation, paperwork, required reports are billed at \$100/hr to the nearest quarter hour. Interim Associates policy is that you **pay at the time of service**.

I do offer a sliding scale which is discussed on an individual basis. It seems that for many, talking honestly about money is a troubling topic. I do not shy away from this topic and respect people who are straightforward about their circumstance. I try to work with everyone so fees are not the barrier to services.

If you choose to use an insurance company or third party payor, you are responsible for all charges, and must pay any co-pay at the time of service. **Insurance is an agreement between you and your company, and Interim Associates, PLLC does not accept any responsibility for negotiating with or billing your insurance company.** Interim Associates, PLLC policy is that any bill which remains unpaid longer than 30 days will be assigned to collections and the patient discharged from treatment.

Further, insurance companies do not pay for unkept appointments or late cancellation charges. Any such fees must be paid by your next appointment.

I do make mistakes, and accounting is not what I live for, so if you ever disagree with a charge it is your responsibility to communicate about it within 30 days. Please don’t assume I know about your financial situation, should you have financial difficulty, I am always open to talking about your needs and circumstances.

Communication and Emergency Care:

Interim Associates, PLLC and Patrick McFarlane are not equipped to provide emergency or crisis care. Please go to your local Emergency Room or you may call your local public MENTAL HEALTH crisis number or 911.

Please address all written communication to : Interim Associates, PLLC
601 E. Ludington Avenue
Ludington, MI 49431

You may call and leave confidential messages at 231.843.8222.

You may email : patrick@interimcounseling.org

Other resources including:

- Emergency 911
- HELPLINE 800-942-4357
- Teen Rapline 800-292-4517