

Open Field Therapy

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Therapy Session Policies

Facilities

Please arrive on time for sessions and not earlier as time between sessions is needed for note taking and preparation. **If you do not arrive for your appointment within 10 minutes, I usually reach out to see if you are just running late.** Fifteen minutes into the session, I will no longer be available and we will need to reschedule.

There is **no waiting room**, so please feel free to wait in your car for your session, or if the weather is suitable, you are welcome to sit in the courtyard or on the front porch.

Parking can be difficult on Fillmore St. If the spots in front of the house are taken, feel free to block the driveway or pull into the driveway by parking behind the red Chevy Bolt.

Time allotted for sessions is **50 minutes** both in person and online.

Bathroom facilities are available in my office. You are also welcome to **remove your shoes** if that is more comfortable for you for the session.

Fees

Standard fee is \$125 per session. You can pay online with a credit card or by check or cash. The fee is due at the time of service – for checks and cash, please place this in the basket inside the. If for some reason you forget one week, paying your balance the next session is perfectly acceptable. The online option is found on the site: www.openfieldtherapy

Cancellations & Missed Appointments

A reminder that you have a session will be sent by email on the Monday of the week of your appointment. As I make an effort to reserve your hour and frequently turn away others who may have requested that time, I ask that you be responsible for the fee for missed sessions. The following conditions apply:

(1) You will **not be charged** if you need to cancel **due to an emergency** or unavoidable life demand such as an ill child, car breakdown, or being held overtime at work.

(2) You **will be charged** your session fee if **you forget to come** to your appointment for any reason, including failure to correctly record your appointment. The first time a session is forgotten, the charge is 50% of the going fee. After that, the full charge will apply.

(3) You **will be charged** for sessions that are **cancelled less than 24 hours in advance due to personal preference**, such as a last minute camping trip or decision to spend time with friends or family. While I support many of these choices that enhance your mental health, the fee will still be charged. There will be no charge for sessions cancelled more than 24 hours in advance.

Emergency Services

I do not provide emergency services - if you are in crisis or in need of immediate assistance, please contact the White Bird hotline (541-687-4000) or call 911.

Communications

Cell phone and email are the best means of communication with me between sessions. Text is OK if you are running late. I check my cell phone daily Monday through Friday – please allow 24 hours for a response. Email is an easy way to facilitate a change of appointments. Please note however that, although I have an email address dedicated to my practice, I cannot guarantee confidentiality with electronic communication and if this is a concern for you. Clients sometimes send brief email messages about how they're doing during the week, which can be very useful. I appreciate these, but in general do not give extensive replies when in person communication is preferable for clarity.