

Open Field Therapy

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Therapy Session Policies

Facilities

Please arrive on time for sessions and note that there is no waiting area out of the weather. Parking can be difficult on Fillmore St. – please feel free to block the driveway or pull into the driveway by parking behind the Honda CRV if no other spot is available. In the infrequent event that the sign on my door reads “In Session,” please knock and I will let you know how long a wait to expect. Time allotted for sessions are one full hour.

You are welcome to tea and drinking water, as well as the bathroom facilities which are available in my office. You are also welcome to remove your shoes if that is more comfortable for you for the session.

Fees

Check or cash payment is due at the beginning of each session – please place this in the basket inside the doorway to eliminate the need to do this at the end of the session. If for some reason you forget your checkbook or are waiting for funds, paying your balance the next session is perfectly acceptable. Checks are cashed twice a month close to the 1st and the 15th.

Appointments & Cancellations

As I make an effort to reserve your hour and have frequently turned away others who may have requested that time, I ask that you be responsible for the fee for missed sessions under the following conditions:

- (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 insert your appointment in hand held devices.
- (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

OFT does 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. 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.