

Informed Consent Overview

Brian O'Sullivan, LMFT

Please refer to the consent forms for complete terms, as they take precedence over this summary.

Confidentiality: Conversations are confidential, with some exceptions like risk of harm to self/others, mandated reporting of abuse, and other exceptions. Japanese confidentiality laws differ from the U.S. & there are mandatory reporting considerations for SOFA status.

Therapy Process: Therapy is a collaborative effort focused on your goals. Initial sessions assess fit and create a treatment plan, with regular check-ins on progress. There are some risks in therapy.

Legal Matters: Brian avoids legal involvement; however, if subpoenaed or legally required, records may be released. Any required legal proceedings will incur fees.

Ending Therapy: You can end therapy anytime. Therapy may also end if we haven't had a session in 21 days or there's been no contact for 21 days or there have been 3 repeated missed sessions.

Office Hours and Emergencies: My latest office hours are posted on the contact page of my website. For emergencies, use local emergency services.

Communication Policies:

- Email is best to contact me, using encrypted Hushmail. No texting is available.
- Please no contact on social media to maintain confidentiality.

Payments & Fees:

- Session costs are outlined in the consent forms.
- Payment is due at the start of each session; late cancellation fees apply for notice under 24 hours.
- Brian does not communicate to insurance directly and reimbursement is not guaranteed.

Privacy & Data Storage: Records are stored securely online for at least seven years, in U.S., Canada, and other international data storage locations.

Telehealth: Sessions can be online for clients in Japan or California. Telehealth involves privacy and other risks.

Good Faith Estimate: An estimated cost outline for therapy services is provided to help you plan. Rates and details are reviewed with you.