

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:

- Imminent risk of harm to self/others
- Suspected child or elder abuse
- If a court mandates it
- There are other exceptions
- Japanese confidentiality laws differ from the U.S.
- There are other 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.

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.

Emergencies: I'm not available for crisis or emergency situations. For emergencies, contact local emergency services: <https://socialanxietycounseling.com/emergency/>

Communication Policies:

- Email is best to contact me, using encrypted Hushmail. No texting is available.
- Please no contact on social media to maintain confidentiality.
- Please keep email limited to scheduling to protect your privacy.

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. For more information, please access Notice of Privacy Practices: <https://socialanxietycounseling.com/clients/>

Telehealth: Sessions are limited to clients physically located in Japan or California. Telehealth involves privacy and other risks.