

Mark A. Adams, Ph.D.

Licensed Clinical Psychologist (Texas License # 33196)

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I am a licensed Clinical Psychologist. I received my Ph.D. from the University of Texas at Austin. I am licensed through the Texas State Board of Examiners of Psychologists, my Texas License Number: 33196.

Texas State Board of Examiners of Psychologists contact information:

512/305-7700 or 1/800-821-3205 (24-hour, toll-free complaint system); <http://www.tsbep.state.tx.us>.

Practice Policies:

1. Appointment times are reserved especially for you. Standard appointments are 50 minutes in length. The purpose of our first meeting is to assess your reasons for seeking care and whether my services and approach to treatment will best meet your needs. This evaluation phase may take 1, 2 or more sessions depending on the range of presenting concerns and history. If you or I believe you will be better served by another provider, I will do my best to assist you with an appropriate referral.
2. The fee for a 50-minute individual session is \$150*. The fee at this time is also the same for couple sessions. Longer or shorter sessions are sometimes appropriate and are pro-rated accordingly. Payment for services is due prior to leaving the office after each session, in the form of cash, check, or debit/credit card. Arrangements are available to pay on a monthly basis. Sessions must be cancelled 24 hours in advance; but I am aware that things happen and am not rigid with this policy, where I am more likely to charge a fee is when you no show, or it becomes a recurrent problem. I offer email or text reminders for scheduled appointments. If you are late, the appointment will end at the regularly scheduled time. Other fees: For letters, reports and other forms of documentation you will be charged your session fee prorated to the time spent writing/providing the requested documentation. (*Over time, fees may be raised, in January of a new year (at this writing I have only raised my fees twice in 9 years, so it does not occur regularly).
3. Sliding Scale: As I am not on any insurance panels, recognize the financial realities of mental health care costs, and as a personal and professional value, I maintain a modest portion of my private practice for sliding scale fees based on your circumstances, including income and ability to pay. My full fee is \$150 and my sliding scale rates are between \$90 and \$140. Please note that a reduced fee may be periodically reassessed and renegotiated in a longer-term psychotherapy.
4. My current office hours are Tuesdays Noon – 4:00p, Thursdays Noon - 6:00p and Fridays 8:00a - 2:00p. My telephone number is 512/740-2578 and is answered by voicemail. I will return your call as soon as possible. Due to my schedule, email is likely the most effective method of contact: dr.mark.adams@gmail.com
5. I am not on any insurance panels, thus I do not file insurance claims. All services provided are charged directly to you as the patient. If you have health insurance, you are welcome to contact your insurance company to determine if your plan has reimbursement rates for services rendered by a clinician not on their panel. But please understand that this is an agreement between you and your insurance company, there is no guarantee your health insurance provider will cover all or even part of my services. I will provide you with a receipt to seek reimbursement from your health insurance carrier if you choose. But please understand that you are agreeing to be the sole responsible entity for payment in full of services that I provide for you. I will also provide appropriate documentation if you plan to use your Health Savings Account (HSA) for Flex Spending Account (FSA) for reimbursement. I am listed as a “Medical Practitioner” with Square to accept HAS and FSA credit/debit cards.
6. Email and Text: Email and Text are not secure mediums and thus I cannot ensure confidentiality with said communication platforms. Email and Text are perhaps best used to establish contact, coordinate scheduling, and communication of non-urgent matters.

7. Social Media: As a professional boundary, I do not accept invitations for Facebook or other social media platforms from individuals with whom I am providing psychotherapy.

Privacy Policies:

Health Insurance Portability and Accountability Act, HIPAA. This 2003 law requires that health care practitioners create a notice of privacy practices for patients to read. This notice tells you how I, Mark A. Adams, Ph.D., will protect your medical information, how I may use or disclose this information, and describes your rights.

As a general rule, our sessions are private and confidential and will not be released without your written permission. However, the law requires or permits exceptions to confidentiality if the following circumstances:

- A. You may request in writing, that information be released to persons you designate. This may include coordination of care with other providers.
- B. If there is evidence that you pose a clear and imminent danger of harm to self and/or others, I will contact proper authorities.
- C. Texas Law requires that anyone who learns of abuse or neglect of any person under the age of 18, or an elderly or disabled person, must report this information to the proper authorities.
- D. Psychologists are also required to report misconduct on the part of other psychotherapists (e.g. sexual misconduct). I can also assist you in filing your own report of such misconduct.
- E. A subpoena can require a psychologist to release information contained in records or require a psychologist to testify in a court hearing or for a deposition.

I will also provide the Texas Notice Form (HIPAA Notice): Notice of Psychologists' Policies and Practices to Protect Your Health Information.

Informed Consent for Treatment:

I understand that the therapy or assessment relationship begins with an evaluation of my needs. I understand that Dr. Adams is not obligated to accept a referral, and will be deciding whether he is the appropriate provider for me. I will also be deciding whether or not I wish to enter into a therapy or assessment relationship with Dr. Adams.

I understand that when I enter into evaluation/treatment with Dr. Adams, I am entering into his private practice. As a participant in my treatment or consultation, I share responsibility for the process. I understand that this may include working with strong feelings, some of which may be painful. I am aware that every change potentially has both positive and negative effects, and that an important part of treatment will be to clarify and evaluate potential effects of changes before implementing them. If you have concerns about the outcome of your treatment or consultation, please feel free to discuss them with me.

I have the right to terminate treatment at any time and it is often helpful to discuss the ending of treatment, but of course that is my choice.

Thank you for the opportunity to collaboratively provide psychotherapy.

(revised March 2019)