



## Psychotherapy Expectations

- 1.) Come to the scheduled session on time. If you need to cancel, please inform 24 hours in advance or if you will arrive more than 15 minutes late to appointment, notify Ritter Center 415-457-8182 x124
- 2.) If you miss two (2) appointments in a row without cancelling, you will be provided a verbal warning. After three (3) missed sessions, you will be removed from the schedule. If you are not seen in 30 days, you will be discharged.
- 3.) We do not accept gifts or tokens of appreciation of any kind.
- 4.) Email or phone calls are the preferred method of communication with Ritter Center or therapist. i.e.-social media and/or community interaction to avoid dual relationships.
- 5.) If you are struggling with or using substances, please let us know so we can discuss how this may impact your treatment.
- 6.) Due to the respect of other clients, other than the initial intake session, sessions last between 30-45 minutes. If you arrive late to sessions, we typically do not have the capacity to go over the scheduled time.
- 7.) For Telehealth, use this time as you would in a therapeutic office setting, establishing confidentiality by minimizing distractions or other activities as best as possible (Ex- driving in a car, shopping, etc.)
- 8.) Therapy takes a collaborative effort over time. Research shows that it takes a minimum of 15-20 therapy sessions to begin to show effectiveness.
- 9.) There may be times where we coordinate with other providers within your treatment team to best serve you and your well-being.
- 10.) Effectiveness of therapy depends upon the quality of the relationship between client and the therapist. We understand that the therapist assigned to you may not be the best fit, please discuss with your current therapist about other options available.

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Signature

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Date