**Kathryn Rudlin, LCSW**

**In getting started** it’s helpful to answer the questions below, write down the thoughts that come to you, then email or fax to me, or bring this form to the first session.

#1List the primary benefits you want to get from therapy:

#2 Briefly describe the narcissistic (or difficult) traits you see in your mother:

#3List your strengths:

#4Is there anything you want me to know that may be difficult for you to talk about?

#5Do you have previoustherapy experience? If so describe briefly.

#6 How were you referred?

**OFFICE POLICIES**

**Forms of payment accepted:**

No insurance billing or reimbursement, I accept cash, check, credit cards or money orders. I’m willing to negotiate a sliding scale or payment plan, when financially necessary, and a reduced fee when meeting more than once weekly.

**Cancellation policy:**

In the event of cancellation, provide at least 24 hours notice by phone, email or text, or you will be charged the full fee as this time is specifically set aside for you.

**Getting in touch between sessions:**

If you need to communicate with me in between scheduled sessions, do so via email: I check my email often and make every effort to respond within 24 hours.

**Confidentiality:**

All your information and what we discuss is held in the strictest of confidence. Any exceptions (for example, you want information shared with your physician) requires your written agreement and approval.

**To get the most from therapy:**

Arrive on time

Ask questions

Be open to the process of change

Verbalize any concerns right away

Stay focused on your goals

**In the event of a mental health emergency, and you’re not able to get in touch with me:**

Call the San Diego County Crisis Line #1-888-724-7240 to speak with a trained counselor 24/7.

**CLIENT CONTACT INFORMATION**

**Complete this form and bring to your first session.**

NAME/AGE:

ADDRESS:

PHONE/TEXT:

EMAIL:

**EMERGENCY CONTACT INFO:**

(List 2 ways to contact)