

Mindset Integrative Therapy

4. Practice Policies

Practice Policies

Welcome to Mindset Integrative Therapy. These policies help create a safe, consistent, and supportive therapeutic environment.

Communication All communication occurs through the SimplePractice client portal. Messages are not monitored 24/7 and should not be used for emergencies.

Emergency Services Mindset Integrative Therapy does not provide crisis or emergency services. If you are in crisis, call 988 or go to your nearest emergency room.

Telehealth Sessions are conducted via secure telehealth. You are responsible for ensuring a private, distraction-free environment.

Confidentiality Your information is confidential except in cases where disclosure is required by law (risk of harm to self/others, abuse, court order).

Attendance & Engagement Therapy is most effective with consistent attendance. Please arrive on time and prepared for sessions.

Technology Requirements A stable internet connection, functioning device, and updated browser are required for telehealth sessions.

Termination of Services Services may be discontinued if:

- You repeatedly miss or cancel sessions
- You do not adhere to practice policies
- Your needs fall outside the scope of outpatient therapy A referral will be provided when appropriate.