

# LOUISE JACOBUS, MA, LMFT

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## The Notice of Privacy Practices- HIPAA

There is a Federal law called the *Health Insurance Portability and Accountability Act* (HIPAA) that regulates how your personal health information is protected. While not all private practice therapists are covered by HIPAA, this office does notify you of the HIPAA privacy guidelines, called *The Notice of Privacy Practices*.

A copy of *The Notice of Privacy Practices* is posted on the Forms Page of my website ([www.LouiseJacobus.com](http://www.LouiseJacobus.com)). There is an additional copy in the waiting room of the office, and if you would like a paper copy, I can give that to you at the time of your first visit.

## Informed Consent

You also have the right to consent to or refuse treatment, based on a clear understanding of the treatment offered. On my website, [www.LouiseJacobus.com](http://www.LouiseJacobus.com), I have posted a number of articles that describe my specialties, professional orientation, education, experience and the ways I work with a number of different presenting problems. If you would like printed copies of any of these articles or if you have questions or need additional information, please ask. In addition to the approaches described on the website, there are a number of different therapy modalities we might use together, based on the concerns that bring you to therapy, your previous experience with therapy, and which therapies seem to provide the best results in your particular situation. We will discuss these additional approaches as the need arises.

The success of therapy depends both on the skill and insight of the therapist and also on the efforts of the client. Effective therapy calls for very active involvement on the part of the client, both in the therapy session and also between sessions. In order for your therapy to be most successful, we will agree on things you can do between sessions that will strengthen and reinforce the work we do together in sessions.

Therapy can have both benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, helplessness, frustration, or loneliness. Despite your efforts and the efforts of your therapist, your condition may or may not improve. On the other hand, therapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems and significant reductions in feelings of distress. Clients may experience greater happiness, increased satisfaction with life, and more fulfillment in their life goals. However, there are no guarantees of what you will experience.

Thank you for taking the time to read this information.

Your signature attests that you have received The Notice of Privacy Practices and that you have been provided an opportunity to review it.

Your signature also attests that you have read the Informed Consent disclosure, that you understand the benefits and risks of therapy, and you are choosing to consent to therapy. You have the right to terminate therapy at any time.

Signature \_\_\_\_\_ Date \_\_\_\_\_