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## **WELCOME INFORMATION FOR PATIENTS**

Welcome. ACPD is an association of individual mental health providers who market their individual services under the name of “Associates in Counseling and Personal Development”. All of the Associates operate as separate and independent practitioners and are licensed to practice in the State of Pennsylvania. This document contains information about the professional services of Lucy Heggenstaller M.S.W., L.C.S.W., B.C.D. and answers some frequently asked questions. After you read it, feel free to bring up any questions you may have with me. All persons are eligible for my services, regardless of race, ethnicity, gender, sexual orientation, disability, religion, or creed.

## **RIGHTS AND INFORMED CONSENT**

Psychotherapy works best when it is a cooperative and collaborative effort. It calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we talk about both during our sessions and at home. You have the right to be informed about your therapy, any risks it might involve, and what alternatives there might be. You have the right to be informed about my qualifications to treat you. You have the right to request or to refuse any particular technique or to withdraw from therapy at any time. If you could benefit from any treatments I cannot provide, it is my ethical obligation to offer to refer you to someone who can help you. If you wish to examine your records, I will go over them with you and answer any questions you may have. To do this, I request at least one week notice in order to review the record and prepare to discuss it with you. Your feedback about what you like or do not like about the therapy is always welcome. Should you at any time feel dissatisfied or concerned about your work with me, please speak with me as soon as possible. If you feel the discussion does not resolve a problem and would like further assistance, I will help you to find another professional.

Psychotherapy has helped many people, but success is never guaranteed. In fact, there may be some risks in treatment. As problems or difficulties are faced, they sometimes seem to get worse. As people work to improve the quality of their lives they sometimes make decisions which can lead to painful outcomes or conflict with others. On the other hand, psychotherapy 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. An important part of our work together will be to discuss the benefits and risks of the choices you make. You are the final judge of the benefits and risks that therapy holds for you.

Please review my Notice of Privacy Practices which addresses issues of confidentiality and exceptions to confidentiality when another law prevails. My Financial Policies form will help you understand your rights and responsibilities for the payment of my services. I look forward to empowering you with the wisdom that is inherently yours, the courage you need to make changes if you choose and the serenity that comes from living your truth with integrity.

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Patient or Parent/Guardian signature

Date