

### **Do you accept insurance?**

We do not and here is why...

A mental health diagnosis is needed in order for insurance to pay or reimburse for therapy. Insurance determines approval based on medical repercussions, therefore they require a diagnosis that is permanent for individuals.

Bosom Buddy is committed to the highest ethical standards, allowing you to keep your mental health records private from current or future insurance companies or employers. By paying for counseling as needed, you maintain control and privacy.

### **When and how do I pay?**

Clients will be provided with an agreement contract at the first session which details all scheduling and cancellation policies. You have the right to discontinue or terminate counseling as you see fit. Bosom Buddy requires 24 hour notice for all cancellations. Failure to communicate prior to 24 hours will result in a charge of 50% of the scheduled session cost. If the counselor attends a scheduled session and the client is unavailable the full fee is charged. Sessions are performed in the client's home for ease and comfort of the client. If requested in advance, an alternative office location can be scheduled.

Bosom Buddy understands that sickness, accidents, and labor can be unpredictable and sometimes 24 hours notice is impossible. Grace will be extended to those with extenuating circumstances, and expected in reciprocity for the counselor as well.

Payment is due at the time of scheduling. Payments can be made online via secure credit card processing, bank transfer, or over the telephone.

Incident weather cancellation by the client or counselor will result in no fee paid.

### **Are my sessions confidential?**

As with all services provided by Bosom Buddy, your confidentiality is kept in the highest regard. We do not share personal information with another without your written consent. Some individuals ask that their information is shared with a midwife, physician, or spouse which we can do with written consent.

Due to Tennessee state law, there are four instances in which your confidentiality would be limited:

- If the individual is at risk of self-harm or harming someone else.
- If child abuse or elder abuse is suspected, the appropriate authorities will be called.
- If the counselor is subpoenaed to court information relevant to that specific situation may be shared. The client will always be notified should this occur.
- Amy Green, LMSW operates under the license of a qualified and approved LCSW Supervisor, requiring clinical supervision hours by Tennessee state law. Confidentiality is therefore extended to the Supervisor only, allowing for consultation and may require breach of private information if in the best interest of the client. All efforts are extended to the anonymity and privacy of clients.

### **How many sessions will I need?**

Every individual has an individual situation and story. We do not attempt to fit everyone into a

one size fits all box. Sessions usually range from 1-10 depending completely on the individual's need. During the phone consultation, prior to the first appointment, a recommendation can be made around what would be the most helpful for your individual situation.

**Where do sessions take place?**

Bosom Buddy's counselors provide sessions in the home of the client. We find the client is more comfortable in their own environment. This is also helpful for postpartum so you do not have to get your newborn out for an appointment. An office location can also be utilized if requested in advance.

**Are my children and partner welcome in my session?**

Bosom Buddy recommends finding a time when you can focus on yourself to get the most out of your session. Newborns are often in the sessions and welcome. Your partner is welcome if you would like.