

Informed consent form

This document contains important information about Idha Mindcare's professional services and business policies. Please read it carefully and jot down any questions you might have so that you and your therapist can discuss in the next meeting. When you sign this document, it will represent an agreement between you and Idha Mindcare.

PSYCHOLOGICAL SERVICES

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and the patient, and the particular problems you hope to address. There are many different methods that the therapist may use to deal with those problems. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. For the therapy to be most successful, you will have to work on things we talk about during the sessions and at home.

Psychotherapy can have benefits and risks. Because therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. However, there are no guarantees as to what you will experience.

Your first few sessions will involve an evaluation of your needs. By the end of the evaluation, Idha's Clinical Psychologist/ Psychotherapist will be able to offer you some first impressions of what our work will include and a treatment plan to follow if you decide to continue with therapy. You should evaluate this information along with your own opinions about whether you feel comfortable working with us. At the end of the evaluation, the assigned Psychotherapist will notify you if he/she believes that he/she is not the right therapist for you. In that case we will give you referrals to other practitioners whom we believe are better suited to help you.

Therapy involves a large commitment of time, money, and energy. If you have questions about your therapist's procedures or approaches, you should discuss the same whenever they arise.

MEETINGS

We offer personal, couple, family and group therapies to our clients. All individuals availing these services must sign and share their address in the relevant consent form. Your therapist normally conducts an evaluation that will last from 1 to 4 sessions. If we agree to begin psychotherapy, we will usually schedule one [50-minute] session (one appointment hour of 50 minutes duration) per week, at a time we agree upon. You are expected to pay for all scheduled appointments whether you attend them or not, unless we both agree that you were unable to attend due to circumstances beyond your control. [If it is possible, we will try to find another

Signature(s) of the patient with date:

time to reschedule the appointment.] In case of online consultation, the meetings will be held on Google Meet (or other similar platforms if GM doesn't work for some reason or if we agree to shift to another platform) and the link for the meeting will be sent to you prior to the meeting in the email address and/or WhatsApp number you provided.

PAYMENT TERMS AND CONDITIONS

Fee payment needs to be completed 24 hours before the scheduled session and the payment receipt should be shared with us prior to the meeting. In case you find any technical difficulties while making the payment, you should inform us well in advance. Please refer to <https://www.idhamindcare.com/appoinment> to know more about our consultation fee structure.

Cancellation or No-Show Policy for appointments

There are times when you need to cancel an appointment due to emergencies or other personal reasons. If an appointment is not cancelled at least 24 hours in advance, you will be charged with a FULL session fee. If you cancel the session 24 hours before the scheduled time, we will waive the session fee and reassign an alternative slot for you. However, if you do not show up for the session on time without cancelling it, the amount paid will not be refunded.

How to Cancel Your Appointment

To cancel an appointment, please contact us on +91 9037431429, between 9 AM & 9 PM, Monday to Sunday. Alternatively, you can cancel the appointment by sending an email to info@idhamindcare.com 24 hours before the scheduled time.

CONTACTING US

Your therapist may not be always available on telephone, except for scheduled session timings. Even though the working hours are 24 X 7, the therapist probably will not answer the phone when he/she is with a patient. Your therapist will make every effort to return your call on the same day you make it, except for weekends and holidays. If you are difficult to reach, please inform your therapist when you will be available. If you are unable to reach the therapist and feel that you cannot wait for him/her to return the call, please contact your physician or the nearest emergency room. If the assigned therapist is unavailable for an extended time, we will provide you the contact details of the next suitable therapist. You are requested to contact the newly assigned therapist for further consultation (s)

Email Communications

You may receive emails from Idha Mindcare as and when required. All our email communications will be from idhabhishajyati@gmail.com, info@idhamindcare.com or email id of your assigned therapist. These email exchanges should be limited for scheduling and rescheduling the appointments, billing, and any other administrative queries and responses. Please do not email us about any of your clinical issues. We will not respond to your clinical

Signature(s) of the patient with date:

queries via email. If you urgently need to discuss any clinical matter with your psychologist, please feel free to contact him /her over the phone or discuss the same during the next scheduled meeting.

Text Messaging

We may use text messaging (including WhatsApp) only for administrative purposes such as scheduling and rescheduling the appointments, billing, and any other administrative queries and responses. Please do not discuss any clinical matters in text messages (including WhatsApp). We will not respond to your clinical queries using text messages. If you urgently need to discuss any clinical matter with your psychologist, please feel free to contact him /her over the phone or discuss the same during the next scheduled meeting.

Social Media Platforms

We encourage you to visit Idha's social media platforms to get regular updates on our activities and services. However, we do not individually communicate with, or contact, any of our clients through social media platforms. We will not respond to your clinical queries or discussions on social media. Moreover, you are not permitted to contact any of our therapists or employees directly or indirectly on social media platforms. Please be aware that the violation of these rules may result in the termination of your consultation with Idha Mindcare.

CONFIDENTIALITY

In general, the privacy of all communications between a patient and a psychologist is protected by law, and we can only release information about our work to others with your permission. But there are a few exceptions.

In most legal proceedings, you have the right to prevent us from providing any information about your treatment. In some legal proceedings, a judge may ask for the therapist's testimony if he/she determines that the issues demand it, and we must comply with that court order.

There are some situations in which we are legally obligated to take action to protect others from harm, even if we must reveal some information about a patient's treatment. For example, if the psychologist believes that a child is being abused or has been abused, then he/she may be required to make a report to the appropriate state agency.

If the therapist believes that a patient is threatening serious bodily harm to another, he/she may be required to take protective actions. These actions may include notifying the potential victim, contacting the police or seeking hospitalisation for the patient. If the patient threatens to harm himself/herself, the therapist may be obligated to seek hospitalisation for him/her or to contact family members or others who can help to provide protection. If a similar situation occurs during your therapy, the therapist will attempt to fully discuss it with you before taking any action.

Signature(s) of the patient with date:



Idha Mindcare
Reg No: H2/2636/21
1165(B), Kalathil Building, M.L. Road,
Erayilkadavu, Kottayam-01, Kerala
Mob: +919037431429
Email: info@idhamindcare.com
Website: www.idhamindcare.com

Your therapist may occasionally find it helpful to consult other professionals about a case. During a consultation, your therapist makes every effort to avoid revealing the identity of the patient. The consultant is also legally bound to keep the information confidential. Generally, your therapist will not tell you about these consultations unless he/she believes that it is important to our work together.

Although this written summary of exceptions to confidentiality is intended to inform you about potential issues that could arise, it is important that you and your therapist discuss any questions or concerns that you may have at the next meeting. Your therapist will be happy to discuss these issues with you and provide clarification when possible. However, if you need specific clarification or advice from our therapist, who is unable to provide it, formal legal advice may be needed, as the laws governing confidentiality are quite complex and your therapist is not an attorney.

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship. In the case of couple, family and group therapies, furnish below the name, address and signature of all the individuals availing the service.

PATIENT(S) NAME:

SIGNATURE(S):

ADDRESS(ES):

DATE: