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## **Policy Statement**

Please read the following pages and feel free to ask questions. As required by Washington State law, I will ask you to acknowledge that you are aware of this information. Feel free to keep this copy or read this statement on my website.

### Professional Background

I received a Doctorate in Clinical Psychology with a specialization in Health Psychology from the Illinois School of Professional Psychology in 1992. (The School is now called Argosy University.) During my training, I conducted neuropsychological assessments at Cook County and Columbus Hospitals in Chicago. Outside of private practice, most of my experience has been in university counseling centers. I trained at the University of Illinois-Chicago and the University of California-Davis Counseling Centers. Then I served as the Associate Director and Training Director of the Seattle University Counseling Center for eight years. My primary duties at Seattle University were therapy, supervision, outreach, consultation, and administration. I have been in private practice since 1994. I also am a member of the American and Washington State Psychological Associations.

### Theoretical Approach

My therapeutic style is eclectic, meaning that I draw from a variety of ideas in the field of psychology. I use relational development and object relations concepts to understand patterns in a person's life; and psychodynamic and cognitive/behavioral concepts to help understand conflicts, struggles, and challenges. After a thorough assessment, I work collaboratively with patients to develop therapy goals and the means to achieve the goals.

### Appointments

To make an appointment, please call (206) 525-9665 and tell me when I can best reach you. I check my messages frequently and will make every effort to call you the same day. If you need to speak to someone urgently and I am not available, please call the Crisis Clinic at (206) 461-3222 or go to the nearest hospital emergency room.

Therapy sessions start as scheduled and last 50 minutes. If you need to reschedule or cancel an appointment, please call at least 48 hours in advance. If you fail to use your reserved time without 48 hours' advance notice, you will be billed the full fee for the hour. Please note that if you are using insurance for your therapy and you miss a session, you will be responsible for the full appointment fee because your insurance company will not pay for missed appointments.

### Fees and Payment

The fee for an initial assessment appointment is \$215. The fee for a 50-minute therapy session is \$175. Phone consultations (longer than fifteen minutes) and report writing will be prorated at the hourly rate. If you plan to use insurance to pay for your psychotherapy sessions, it is your responsibility to verify that outpatient psychotherapy visits are covered under your plan and that I am your insurance company's network. When you call the insurance company, you may also want to ask if you have a deductible, copayment and session limit.

Copayments and payments are due at each visit. I accept cash, checks, credit cards and debit cards. Most of my patients prefer to pay with a credit or debit card. I store the numbers in a secure system. During the first month of our work together, I will charge your card weekly. After that, I will discuss your balance with you at the beginning of the month and, typically, charge your card. Your signature to this policy indicates authorization to charge your credit card for missed appointments and late cancellations.

### Confidentiality

As a clinician, I keep a written record of therapy sessions. If you prefer that written information concerning your sessions not include the content of the sessions, you have a right to make this request in writing.

Generally, therapist-client communication is considered strictly confidential. There are a few exceptions. At times, you may wish that treatment information be released. If authorized by you, in writing, I will release information about your therapy as requested. In addition, Washington State law requires release of confidential material in cases of suspected abuse, in cases of threats of harm to self or others, and when a subpoena has been issued.

### Rights of Clients

As a consumer, it is your right to request a change in therapy, to discontinue therapy, or to request a referral to other resources. I encourage you to ask questions as they may arise. However, if you plan to end therapy, it is often helpful to plan a review and closure session. If you have concerns, you may also call the Washington State Licensing Board in Olympia, which oversees licensed psychologists.