



# **Denver DBT and Psychotherapy, INC**

## **Group Mandatory Disclosure**

Welcome to Dialectical Behavior Therapy Skills Training group! We look forward to working with you. Dialectical Behavior Therapy Skills Training is an educational and experiential group aimed at helping individuals to more effectively manage emotions and improve overall quality of life. The purpose of the initial intake session(s) is to evaluate your needs and, with you, determine if this group will be appropriate. For medication evaluation and management, you would need to consult your Primary Care Physician or a psychiatrist.

The following information is provided about our clinical staff:

**Nahed Barakat, Psy.D.** (Colorado License #4302)

PsyD in Clinical Psychology, University of Denver, 2014  
MA in Psychology, Pepperdine University, 2008  
BA in Journalism and Mass Communication, The American University in Cairo, 2003

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PsyD in Clinical Psychology, University of Denver, 2014  
MA in Clinical Psychology, University of Denver, 2012  
BA in Psychology, Michigan State University, 2008

**Kritika Dwivedi, Psy.D.** (supervised by Nikki Kraslin, Psy.D., License #2981)

PsyD in Clinical Psychology, University of Denver, 2016  
MA in Clinical Psychology, University of Denver, 2013  
BA in Philosophy, Colorado College, 2008

**Colleen Fischer, Ph.D.** (Colorado License #3219)

PsyD in Counseling Psychology, University of Oregon, 2005  
MS in Counseling Psychology and Human Services, University of Oregon, 2002  
BA in Psychology, University of Wisconsin-Madison, 1997

**Adrienne Franks, Psy.D.** (Colorado License #4529)

PsyD in Clinical Psychology, University of Denver, 2015  
MA in Counseling Psychology, Argosy University, 2011  
BS in Biopsychology, University of California, Santa Barbara, 2006

**Lindsey Gagnon, Psy.D.** (Colorado License #5231)

PsyD in Clinical Psychology, University of Denver, 2015  
MA in Clinical Psychology, University of Denver, 2012  
BA in Psychology, University of Texas at Austin, 2005

**Lori Gardner, Psy.D.** (Colorado License #5977)

PsyD in Clinical Psychology, University of Denver, 2021  
MA in Clinical Psychology, University of Denver, 2018  
BA in English Literature, University of Colorado, Boulder, 1994

**Jennifer Hinson, Psy.D.** (Colorado License #5227)

PsyD in Clinical Psychology, University of Denver, 2017  
MA in Clinical Psychology, Antioch University, 2012  
BA in Psychology, Pepperdine University, 2009

**Nikki Kraslin, Psy.D.** (Colorado License #2981)

PsyD in Clinical Psychology, University of Denver, 2004  
MA in Clinical Psychology, University of Denver, 2002  
BA in Clinical Psychology, Tufts University, 1998

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PsyD in Clinical Psychology, University of Denver, 2018  
MA in Sport and Performance Psychology, University of Denver, 2013  
BA in Psychology, Chapman University, 2010

**Alex Littleton, Psy.D.** (Colorado License #6006)

PsyD in Clinical Psychology, University of Denver, 2021  
MA in Clinical Psychology, University of Denver, 2018  
BA in Psychology and Sociology, University of Colorado, Boulder, 2014

**Risa Muchnick, Psy.D.** (Colorado License #4358)

PsyD in Clinical Psychology, University of Denver, 2014  
MA in Clinical Psychology, University of Denver, 2012  
BA in Art History, Boston University, 2009

**Carrie Simpson, M.A.**

MA in Educational Psychology, University of Colorado, Denver, 2013  
BA in Environmental Science, Northwestern University, 1997

**Barry Sroloff, Psy.D.** (Colorado License #1295)

PsyD in Clinical Psychology, University of Denver, 1986  
MA in Child Clinical Psychology, Tel Aviv University, 1983  
BA in Psychology, Bar Ilan University, 1977

**Zachary Weiss, Psy.D.** (supervised by Nikki Kraslin, Psy.D., License #2981)

PsyD in Clinical Psychology, University of Denver, 2022  
MA in General Psychology, Adelphi University, 2015  
BA in Psychology, Muhlenberg College, 2013

The Colorado Division of Regulatory Agencies has the general responsibility of regulating the practice of licensed psychologists, licensed clinical social workers, licensed professional counselors, licensed marriage and family therapists, certified school psychologists, and unlicensed individuals who practice psychotherapy.

The Agency within the Department that has responsibility specifically for licensed and unlicensed psychotherapists is the State Grievance Board: 1560 Broadway, Suite 1340, Denver, CO 80202; 303-894-7766. Alcohol and Drug Abuse Counselors are regulated by the Colorado Department of Health: Director, Alcohol and Drug Abuse Division, Colorado Department of Health, 4210 East 11<sup>th</sup> Avenue, Denver, CO 80220; 303-331-8201\*.

\*As to the regulatory requirements applicable to mental health professionals: a Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. A Licensed Social Worker must hold a masters degree in social work. A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1,000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelors degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical masters degree and meet the CAC III requirements. A registered psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.

## **Client Rights and Important Information:**

1. You are entitled to receive information from your therapist/group leader about our methods of therapy, the techniques we use, the duration of your therapy and our fee structure. Please let us know if you would like to receive this information. You may seek a second opinion from another therapist or terminate group at any time.

2. 48-hour advanced notice is required for intake and/or individual therapy cancellations and requested for group cancellations. If advanced notice is not provided, clients will be charged for the missed session. Emergency situations (i.e. sudden illness, serious weather, death in family) are exceptions to this rule and will be evaluated on a case-by-case basis. Group clients are responsible for paying a monthly fee to secure their group spot; this fee will not be impacted by cancellations/missed sessions.

3. Payment for group is collected on a monthly basis and is expected at the beginning of each month. Should you accrue a balance that is outstanding and are unwilling to pay it in a timely manner (within a one month period), you will be sent two warning letters (one month apart). If the balance remains unpaid, we will then notify a collection agency (by signing below you are giving permission for us to attempt to collect outstanding balances through collections).

4. Please note that we are happy to collaborate with your individual therapist for occasional conversations free of charge; however, additional phone conversations with you or other professionals/family members who you have authorized us to speak to on your behalf will be billed at \$100/hour and prorated accordingly (any additional requested administrative tasks are also billed at this rate). Please note that you are always welcome to schedule 1:1 sessions with your group leader and those will be billed at their standard session fee. Let us know if you have any questions about when we would bill for additional administrative time.

5. For those wishing to pay by credit card, we offer payment via a HIPAA compliant app called Ivy Pay. By signing up for the app, you authorize Denver DBT and Psychotherapy to use the application to charge therapy fees, to charge for appointments that are cancelled with less than 48-hour notice and/or to settle any outstanding balances accrued during treatment. You will receive immediate notification via text message about any Ivy Pay charges to your credit card. By signing below, you are agreeing to contact your provider at Denver DBT if you have any concerns or questions regarding charges to your account or if the charge fails to post to your account. You are further agreeing to not dispute any charges with your credit card company until you have first

attempted to rectify the situation directly with Denver DBT and Psychotherapy.

6. Denver DBT is a self-pay practice (we do not bill insurance for you); thus, you are voluntarily choosing to work with an out-of-network provider. This means that you will be responsible for payment of all fees and are intentionally receiving services from an out-of-network provider. Unless you arrange something else with us, we expect your fee for service at the time of service (fees for group are collected at the beginning of each month). You are welcome to submit receipts for reimbursement to your insurance provider. Reimbursement checks are generally sent by the insurance company directly to you. Please notify us if you are arranging something else with your insurance company.

Beginning January 1, 2020, Colorado state law protects people with “CO-DOI” on their health insurance ID cards from “surprise billing,” also known as “balance billing.” This law does NOT apply to ALL Colorado health plans. It only applies if you have a “CO-DOI” on your health insurance ID card. These protections apply when: you receive covered emergency services, other than ambulance services, from an out-of-network provider in Colorado, and/or you unintentionally receive covered services from an out-of-network provider at an in-network facility in Colorado. If you are seen by a health care provider or use services in a facility or agency that is not in your health insurance plan’s provider network, sometimes referred to as “out-of-network,” you may receive a bill for additional costs associated with that care. Out-of-network health care providers often bill you for the difference between what your insurer decides is the eligible charge and what the out-of-network provider bills as the total charge. This is called “surprise” or “balance” billing.

If you are receiving emergency services, the most you can be billed for is your plan’s in-network cost-sharing amounts, which are copayments, deductibles, and/or coinsurance. You cannot be balance-billed for any other amount. This includes both the emergency facility where you receive emergency services and any providers that see you for emergency care. The health care provider must tell you if you are at an out-of-network location or at an in-network location that is using out-of-network providers. They must also tell you what types of services that you will be using may be provided by any out-of-network provider. You have the right to request that in-network providers perform all covered medical services. However, you may have to receive medical services from an out-of-network provider if an in-network provider is not available. In this case, the most you can be billed for covered services is your in-network cost-sharing amount, which are

copayments, deductibles, and/or coinsurance. These providers cannot balance bill you for additional costs.

There are additional protections with the passage of this bill, including: your insurer paying out-of-network providers and facilities directly, your insurer must count any amount you pay for emergency services or certain out-of-network services (described above) toward your in-network deductible and out-of-pocket limit, your provider, facility, hospital, or agency must refund any amount you overpay within sixty days of being notified.

No one, including a provider, hospital, or insurer can ask you to limit or give up these rights. If you receive services from an out-of-network provider or facility or agency OTHER situation, you may still be balance billed, or you may be responsible for the entire bill. If you intentionally receive nonemergency services from an out-of-network provider or facility, you may also be balance billed. If you want to file a complaint against your health care provider, you can submit an online complaint by visiting this website: [https://www.colorado.gov/pacific/dora/DPO\\_File\\_Complaint](https://www.colorado.gov/pacific/dora/DPO_File_Complaint). If you think you have received a bill for amounts other than your copayments, deductible, and/or coinsurance, please contact the billing department, or the Colorado Division of Insurance at 303-894-7490 or 1-800-930-3745. Please contact your health insurance plan at the number on your health insurance ID card or the Colorado Division of Insurance with questions.

7. In a professional relationship such as ours, sexual intimacy is never appropriate. If sexual intimacy ever occurs, it should be reported to the State Grievance Board.
8. Any person who alleges that a mental professional has violated the licensing laws related to the maintenance of records of a client eighteen years of age or older must file a complaint or other notice with the licensing board within seven years after the person discovered or reasonably should have discovered this. Pursuant to law, this practice will maintain records for a period of seven years commencing on the date of termination of services or on the date of last contact with the client, whichever is later.
9. Generally speaking, the information provided by and to the client during therapy sessions is legally confidential and cannot be released without the client's consent. This means the therapist cannot be forced to disclose the information without the client's consent.

There are, however, exceptions to the general rule of legal confidentiality. They are: if we suspect or have knowledge of the physical/sexual abuse of a child, if we believe we must take action to prevent harm to you or to others, if we must defend ourselves in a lawsuit, if collection proceedings are necessary, if required for insurance reimbursement, or if ordered by a court of law. You should be aware that, except in the case of information given to a licensed psychologist, legal confidentiality does not apply in a criminal or delinquency proceeding. There may be other exceptions that we will identify to you should a situation arise during treatment.

10. By signing below, you are authorizing your Denver DBT provider to release information during the course of your time in DBT group to other members of our Denver DBT team. Specifically, this means that information can be shared with other team members in order to support your treatment and when processing billing.

11. Members of the group have an obligation to respect the communications of other group members. The identities of other members of the group should not be disclosed to anyone outside of the group.

If you have questions or would like additional information, please feel free to ask your group leaders.

**Emergency/Crisis Services:**

For all life-threatening emergencies, please call 911. We do not provide emergency services to clients enrolled in our groups. Please contact your individual therapist to determine his/her availability for after-hours crisis assistance.

Client or Parent/Guardian Signature

Typing your name above will stand in for the signature.

Date

Clinician Signature

Date