

LIFESTYLE TRANSFORMATION

CONTRACT

LIFESTYLE TRANSFORMATION is a therapeutic 18-month outpatient treatment program (the “**Program**”) designed to assist individuals who struggle with compulsive-eating behaviors. The After Care Program is for those individuals who would like to continue to work on their treatment program beyond the 18-month period.

CONFIDENTIALITY:

Any and all patient information obtained by this office is confidential. All communication between patient and therapist is confidential and privileged whether in individual, couples or group therapy sessions. Patient permission must be given before any written or oral communication occurs. As you will be attending a therapy group as part of your Program, you are expected to maintain the confidentiality of the other group members including identifying information. Failure to do so may result in abrupt termination of your participation in the Program.

LIMITS OF CONFIDENTIALITY:

If you pose a danger to yourself or others, we are required by law to take steps necessary to protect you or others, which may necessitate a disclosure of confidential information. Also if you neglect to make payments, your payment obligation and contact information may be reported to a collection agency.

FEES:

The fee for the Program is \$5,220. If you decide to pay upfront you will receive a 10% discount. Otherwise, the fee is \$290.00 per month. Your \$90 assessment fee that you paid at your initial assessment/consult will be applied to the total Program fee.

PAYMENT OPTIONS:

Option 1: Pay in full. We accept cash, check and most major credit/debit cards.

Option 2: Our office staff will assist you in signing a contract for an automatic monthly withdrawal of \$290.00 that will allow you to pay off your Program costs in 18 monthly payments.

Please circle the above payment option that you are requesting.

SERVICES AND MATERIALS:

- Initial Consultation
- Program Assessment
- Step 1 consists of 6 weeks of educational classes.

- You may have a support person attend the first 6 classes with you and also have opportunity to attend a monthly support group. These services are included in the cost of your program.
- Steps 2 & 3 provide 1 monthly individual or couples session per month and 1-½ hours weekly group therapy sessions. Additional sessions are available at going rate of \$90 or through your insurance.
- Workbooks and other materials are also included in the cost of your Program.

As you are part of a relatively new program that is still in process of copyright and trademark regulations, signing of this contract states that you agree to not copy, reproduce or share any workbook information outside of the Program. Further you agree to thoughtfully fill out all evaluation forms and participate in any focus group discussion as you move through the Program.

Additionally, as a group participant, you agree to allow LifeStyle Transformation to use comments from your evaluations for marketing purposes. You also understand that stories shared by the participants may be adapted for future presentations or workbooks if they are stories common to compulsive eating issues. No identifying information will be used.

NON-PAYMENT OF FEES or EARLY TERMINATION:

Should you have financial setbacks during your Program, we will attempt to work with you and negotiate a payment schedule. Early termination of your Program but if you choose to terminate early, you must do so in writing. Once your written request is received, a prorated refund of unused paid fees will be issued minus a \$200 processing fee. Materials costs will not be refunded.

BILLING INSURANCE:

Your medical insurance may reimburse your individual, couples or group sessions. An invoice statement may be provided for you to submit to your insurance company if requested. Some groups are facilitated by interns and cannot be submitted to your insurance for reimbursement. Check with the office staff if you have any questions about billing insurance.

ABSENSES:

If you are unable to keep your individual or couples appointment, please call the office at least 24 hours prior to the appointment to reschedule. If you do not cancel 24 hours in advance, you will not be offered a make-up session. Group sessions cannot be made up; however please call the office as a courtesy to your therapist to let them know of your absence from a group session

RELEASE FROM LIABILITY:

LifeStyle Transformation, A Treatment Program for Compulsive Eating is not a weight loss program but rather a program to assist you in overcoming the underlying psychological issues associated with compulsive eating. You are responsible for seeking medical clearance before beginning any nutritional or fitness plans that you may choose to participate in during your year in the Program. We make no guarantee on the success of your own personal weight-loss goals but will give you the tools and assistance necessary to enhance the likelihood of your success. Success is nevertheless dependent on your commitment and adherence to the principles learned.

EMERGENCY POLICY:

When an emergency arises outside of office hours, dial 911 for the fastest and most efficient means of obtaining help, or go to the nearest emergency room for assistance.

CONSENT TO TREATMENT:

The undersigned, being fully informed of any risk or possible consequences, hereby consents to the treatment that may be deemed advisable in the judgment of Cornerstone Counseling and Education, Inc. in providing treatment for compulsive eating including individual, couples, family, group therapy sessions, diagnostic and treatment procedures which may now, or during the course of my care as a patient, be deemed necessary for my welfare. I understand that any concerns or questions I have regarding my treatment will be addressed to my satisfaction in consultation with my therapist or group therapists.

We appreciate your taking the time to read and understand the LifeStyle Transformation Contract. Your signature on this form indicates understanding and agreement in full.

SIGNATURE

DATE