

**Ronald A. Alexander, Ph.D. M.F.T.**

**California License # MFC7707**

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**A Professional Marriage, Family and Therapy Counseling Corporation**

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## **INFORMED CONSENT GUIDELINES**

### ***Confidentiality:***

As a psychotherapist, I have the ethical and legal obligation to protect your lawful right for information given during psychotherapy sessions to be kept completely private. There are several conditions under which this right may be superseded. If there is a problem with any of the following situations, please talk to me about it.

1. If I have reason to believe that another person is in danger from violence that a patient may commit, I must take action to warn that person and any relevant authorities.
2. If I have reason to believe that a case of child abuse, whether disclosed to me by the child, other adults, or the abuser, I legally must report it.
3. There are some lawsuits that you may initiate which will give the sued party the right to force information from a therapist.
4. If you apply for insurance to pay for the psychotherapy, the insurance company will demand a diagnosis, just as they would of any other healthcare practitioner. If you ask me to fill out insurance forms, you imply consent to disclose the dates of your therapy, the money paid, our goals and methods, progress, etc. In those cases, I get your permission before sending such information.
5. If there is an unpaid balance that I cannot collect in any other way, I sometimes use a credit collection agency or Small Claims Court. By incurring a bill with me without making arrangements and not paying, you give me consent to disclose identifying information, your debt, the dates of treatment, and the date and amount of payments to the collection agency and the courts.

### ***Record Keeping System:***

I keep written notes of sessions where I record important and relevant information especially all information related to medical and psychiatric referrals.

### ***Therapist Title:***

I am licensed in the state of California as a marriage and Family therapist. The scope of my practice includes working with individuals, couples, family's, adolescents, group therapy, organizational consulting as well as leadership and executive coaching.

### ***Education and Professional Training:***

I have a master's degree in psychology with Clinical Emphasis, A doctorate in Counseling Psychology and a Doctorate in Human Behavior. I did one year of my internship at Santa Rosa psychiatric Hospital.

I have been in private practice since 1976 and my clinical orientations include the following areas of technical expertise:

- In the field of Gestalt Therapy I am a certified clinical Gestalt therapist by the Gestalt Therapy Institute of Los Angeles. And have trained with the Gestalt training Center of La Jolla.
- I have also trained extensively in the following areas: brief and rapid problem solving therapy, Body Centered Psychotherapy, Hypnosis and mind/body Healing\therapies, existential/humanistic Psychotherapy and psychoanalytic oriented psychotherapies including the study of object relations, self psychology and the field of inter-subjectivity.
- I have undergone a long-term psychoanalytic treatment experience that spanned six years of my own personal treatment. I have also participated in individual, couples and group psychotherapies as a patient throughout my 35-year career.
- As part of my re-licensing every 2 years I take 36 hours of Continuing education in my professional field of practice.
- I studied and trained in east/Asian systems of mind/body healing stress Management and the field of holistic and behavioral medicine.

***Informed Consent:***

I studied and practiced yoga and several systems of meditation including Zen and Tibetan Buddhism and relaxation training throughout my career and continue to do so daily.

***The clinical scope of my practice*** includes utilizing applied psychotherapeutic techniques for helping to resolve the following issues:

Anxiety, depression, stress, abuse, trauma, sexual disorders, eating disorders, grief and loss, midlife transition, separation and divorce, communication and conflict management, pain and psychosomatic disorders, problems related to creativity and creative expression, difficulties in business management, communication, leadership skills and problem resolution.

***Areas I am not trained in:***

I do not work with Individuals who have multiple personality disorder, schizophrenics, and Psychotic disorders. I do not diagnose or treat any medical conditions those should be brought to the attention of your physician. The holistic and behavioral methods I use are psychological adjuncts, such as stress management and pain management through relaxation, meditation and guided Imagery methods. **These alone are not adequate for the treatment of any physical or medical condition. Please consult your doctor or I will refer you to a specialist.**

***Risks of Therapy:***

It is unlikely but you may not get better. When you learn more about your symptoms or presenting problem you may feel Unhappy or discouraged at first. This could resolve over time if the treatment is progressing as it should be in a positive manner or you could stay the same. You may feel better or worse as the treatment unfolds. An effective course of

