

Tri-Lakes Center for Family Development

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“encouraging the development of happy, healthy families”

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Policies and Practices

Welcome to this therapeutic partnership. I believe that the client’s involvement and motivation creates the best therapeutic environment and the best results. To make the most of our work together, please take note of the following.

- **Sessions:** Clinical psychotherapy sessions will generally last from 50 minutes to 1 hour for adults and 45 minutes for youth and occur initially on a weekly basis. Our treatment plan may include more or less intensive services after the initial evaluation is complete. Coming prepared for the session can greatly assist in the success of the process.
- **Between sessions:** Frequently “homework” will be assigned in order to continue the process between sessions. Often this homework is focuses on maintaining stability, daily functioning and self care rather than “working on issues”
- **Multi-systemic approach:** I utilize a multi-systemic approach to working with presenting problems. I incorporate cognitive behavioral therapy, EMDR therapy* and other aspects of a client’s environment or system. I may recommend additional services to work in conjunction with my services. These may include: medical or neurological evaluations, nutritional counseling, an exercise consultation and plan, Psychiatric care, parenting classes etc..
- **Fees:** Hourly rate for all clinical services is \$125. Fees are due at the time of service, unless other arrangements have been made. If insurance is being used, co-pays are due at the time of service. Outstanding balances over 90 days may be sent to collections.
- **Late cancellations and missed appointments:** please call a day before your appointment to cancel or reschedule. The first time an appointment is canceled late or missed altogether, there is no charge. After the first late cancelation, the client will be charged \$50. All further misses will be charged the full session fee.
- **Inclement Weather:** Please check District 38 school closures. If D-38 is closed, please check with me on my mobile phone to determine if it’s advisable to keep the in person appointment (719-648-3218). Telehealth will be available. You may, of course, cancel without penalty.
- **Telehealth:** Secure online video psychotherapy is available in the instance of illness, travel and inclement weather. In person sessions are preferred.
- **Completion of therapy:** The closure of a therapeutic relationship is a very important part of the process. The decision to stop therapy belongs to the client, and it is generally in the best interest of the client to have a final session to review and celebrate accomplishments. We may also choose to meet monthly to maintain progress.
- **Emergency and After Hours Crises:** I generally return calls made to my mobile phone within 24 hours, except on weekends and holidays. **(719-648-3218)** If you need more immediate assistance please call:
 - **911 or go to the nearest Emergency Department**
 - **988 - suicide and crisis lifeline**
 - **Peakview, Cedar Springs, Highlands Behavioral Health or Diversus Health**

I am looking forward to our work together.
Rebecca Albright, MSW, LCSW

*A handout is available describing EMDR therapy more in depth.