



# Art Prennace, LPC, PLLC

## Psychotherapist



**New Perspectives  
Through Compassionate Listening**  
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### Introduction To Counseling

Thank you for choosing Art Prennace, LPC, PLLC. Your first appointment will usually take approximately 90 minutes. Welcome to my counseling practice. I realize that starting counseling is a major decision and you may have many questions. This document is intended to inform you of my policies, State and Federal Laws and your rights. If you have other questions or concerns, please ask and I will try my best to give you all the information you need. The first session is usually focused on the clinical assessment process and is unlike “counseling” in that it is very structured with the counselor asking a multitude of questions in an attempt to get an overview of the issues that have brought you to counseling. I will give you some feedback and a tentative plan on how we can move toward your goals for our time together.

Since many people I see have never been in counseling before, I find it useful to put some of my policies in this introductory letter for your information. Even if you have been in counseling before, it would be useful to review these policies because some of them might have changed or may be unique to my practice.

**Appointments:** Regular attendance at your scheduled appointments is one of the keys to a successful outcome in counseling. I reserve an hour or more for each appointment with a client. Appointments canceled at the last minute are very detrimental to my practice. Therefore, I ask that you notify me a minimum of one full business day (24 hours, Monday through Friday) prior to your appointment if you need to cancel. ***You could be billed for appointments you fail to cancel in accordance with this policy. In addition, if you arrive more than 10-15 minutes late to an appointment I can not bill the insurance company for a full session and you will be expected to make up the difference. Please note that this is a personal financial obligation that you are responsible for and is not the obligation of your insurance company.***

**Length of Sessions:** There are sometimes misunderstandings about the length of sessions. Therapy sessions, as defined by the American Medical Association Current Procedural Terminology coding, are 45-50 minutes, not one hour. This is known as a “therapeutic hour.” Longer appointments are sometimes useful and can be scheduled if you let me know you would like to do this ahead of time. Please note that some insurance companies will not pay for an appointment outside of the traditional 45-50 minutes.

**Confidentiality:** Subject to the provisions outlined in the Informed Consent and HIPAA Privacy documents, I will do the utmost to maintain your confidentiality. This includes the fact that you *are* a client. If we encounter each other in the community, I may nod or smile, but I will not acknowledge you as anyone I know. I’m not trying to be rude, but I am attempting to maintain your confidentiality.

**Credentials:** I have a Master of Arts in Community Counseling degree, I am licensed by the State of Texas as a Licensed Professional Counselor (LPC). I have earned a Bachelor of Science Degree in Psychology and a Masters Degree in Community Counseling from Northern Arizona University. I have over 7 years of clinical experience in treating adolescents, adults and families using individual and family therapy. I use cognitive behavioral, insight, interpersonal, and problem-solving orientations for most conditions. Other treatment approaches may also be used depending on the person, family, or situation.