



Sarah Bowman Davila, LCSW

590 Titus Avenue
Rochester NY, 14617

Counseling Services: Therapy has both benefits and risks. The process of therapy often requires discussing difficult aspects of your life, which may cause you to experience uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, or loneliness. However, therapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, and resolutions to specific problems. While it is expected that therapy will be helpful, there is no guarantee of any specific outcome; therefore, it is vital that you discuss any questions or concerns about the treatment process during your therapy sessions.

Professional Records: Appropriate records of the clinical services provided are required. Your records are maintained in a secure location. Brief records noting that you were here, your reasons for seeking therapy, goals and progress, your diagnosis, topics discussed, and information gathered from your Client Intake Form will be filed in your chart. Records received from other providers, copies of information sent to others, and your billing records will also be filed.

Scheduling and Fees:

Payment – is due at the start of your session. Check or cash is preferred. HSA cards, credit and debit cards can also be utilized. (make check payable to Sarah Davila)

Insurance – While I do not take insurance directly, my office manager will provide you with a detailed invoice to submit to your insurance carrier. She will also ascertain information about your out-of-network coverage. Please inform us of any coverage changes or any difficulties you may experience in submitting your invoice to your insurance carrier.

Appointments – Sessions run approximately 50-55 minutes in duration. You are responsible for coming to your session on time. If the session before you results in a crisis situation, your appointment may begin a few minutes late; thank you for your understanding.

Cancellation – Since the scheduling of an appointment involves the reservation of time specifically for you, a minimum of 48 hour notice (2 days) is required for re-scheduling or cancelling an appointment. Unless we reach a different agreement, a fee of \$50.00 will be charged for the first missed appointment. Any additional missed appointments will be charged at your normal rate.

Communication: If you need to contact Sarah Davila, LCSW, between sessions please leave a message at 585-445-3596. Your call will be returned as promptly as possible. **In case of an emergency**, you may try the cell phone at 585-880-6848. If you need to speak to someone right away, please consider calling Lifeline at 275-5151 (211) or call 911.

Consent – Your signature below indicates you consent to treatment and to abide by the policies.

Signature of Client

Printed Name of Client

Date