Help for Couples

Informed Consent & Practice Policies

James Gallegos, LMFT

About My Practice

I provide psychotherapy for individuals and couples, with a primary focus on helping couples strengthen communication, rebuild trust, increase emotional connection, and navigate relationship challenges. Therapy is a collaborative process. While I cannot guarantee specific outcomes, I will provide my best clinical judgment, compassion, and experience to help you move toward your goals.

Confidentiality

Everything discussed during our sessions is confidential and protected by state and federal law, including HIPAA. Exceptions include imminent risk of harm to yourself or others, suspected abuse or neglect of a child, elder, or vulnerable adult, court orders or legal requirements, or your written authorization.

Couples Therapy Confidentiality

Because my role is to help the relationship rather than either individual partner, I generally do not keep secrets between partners that significantly impact treatment. When important information arises, we will discuss together how it can be shared appropriately.

HIPAA Privacy Practices

Your protected health information is maintained in secure HIPAA-compliant systems and used only for treatment, payment, and health care operations unless otherwise authorized or required by law. You may request access to your records, request corrections, request restrictions, receive a copy of privacy practices, and file a complaint regarding your privacy rights.

Electronic Communication

Email, text messages, and voicemail should be used primarily for scheduling, billing, and administrative matters. Please avoid sending sensitive clinical information electronically whenever possible.

Telehealth

Virtual sessions are conducted using a HIPAA-compliant platform. Please participate from a private location whenever possible.

Fees and Payment

Payment is due at the time of service unless other arrangements have been made. Virtual sessions are invoiced electronically. In-person sessions are billed in the office. Superbills are available for clients with out-of-network insurance benefits.

Cancellations

Please provide at least 24 hours' notice to cancel or reschedule. Late cancellations or missed appointments may be charged the full session fee except in emergencies or illness.

Emergencies

I do not provide 24-hour crisis services. In an emergency, call 911, go to the nearest emergency room, or call/text 988.

Professional Records

Clinical records are maintained in accordance with Washington State law and professional ethical standards.

Ending Therapy

You may end therapy at any time. I may also recommend ending treatment if goals are met, another provider would better serve your needs, or therapy is no longer beneficial.

Questions

Please ask questions at any time. Open communication helps therapy be most effective.