

**James M. Benedick, Ed.D**  
Psychotherapist

5104 North Lockwood Ridge Road  
Suite 303F  
Sarasota, FL 34234

(941) 358-0234  
jimbenedick@gmail.com  
www.JimBenedick.com

Doctor of Education in Counseling Psychology  
Master of Social Work  
Board Certified Diplomate  
Clinical Social Work  
Clinical Sexology  
Clinical Forensic Counseling  
Certified Sex Offender Treatment Specialist  
LCSW # SW2451

**THANK YOU!**

Thank you for choosing my practice for your Assessment/Therapy needs.

**MODE OF THERAPY**

The mode of therapy that I practice is short-term problem-solving. My goal is to help you learn what you need to and/or assist you in a timely manner. I also practice long-term supportive therapy for those persons requiring it. I use ego-enhancing hypnotherapy to help improve self-esteem and confidence and teach self-hypnosis skills. I focus on your strengths and attributes in therapy. I help you identify long-standing errors in thinking that interfere with your effective daily functioning and I provide methods to help you correct them. I help you recognize that you have self-worth and value and that you can accomplish your goals. In the first few sessions, we will develop a written treatment plan to clearly define your therapy goals.

**PSYCHOLOGICAL ASSESSMENTS**

I employ psychological assessment services as required for diagnosis, request of other professionals, agencies, or courts, and to assist in determining appropriate treatment.

**CASE MANAGEMENT**

I provide some case-management services, which include court testimony, agency contacts and intervention, psychiatric and psychological referral and other appropriate services and information.

**CONFIDENTIALITY**

Information you provide is confidential. I will not release or reveal any information about you without your written permission, a court order, or in the event of physical danger to yourself or another.

**FEES**

My individual therapy fee is \$120 per session. Couples therapy is \$150 per session. A therapy session is approximately one hour. Often, it

will last an hour and fifteen or twenty minutes. Hypnotherapy is \$120. Group therapy is \$40. Court testimony is \$200.00 per hour. I charge \$40 per hour for Assessment/Therapy for indigenous individuals referred by their probation officers.

**INSURANCE**

I accept many insurance plans, including Medicare, Aetna, TriCare, and many others. Check with your carrier. I will file your insurance for you.

**COPAYMENTS**

Most insurance plans include a copayment. A copayment is the percentage of my fee that you pay. Usually, the insurance company pays 50% to 80% of my fee. You are responsible for the percent of my fee that the insurance company does not pay. For example, if the insurance company pays 80%, it would pay \$88 and you would be responsible for a \$22 payment. I may discount your copayment based upon a review of your financial status.

**CASH DISCOUNT**

I will negotiate a cash discount, should you wish to pay cash or if you do not have health insurance.

**BILLING**

I bill the insurance company following each therapy session. I will make arrangements with you for you to pay your copayment or cash payment.

**CANCELLATIONS**

There is no fee for appointments canceled with 24 hour notice. The agreed upon therapy fee will be charged for appointments canceled with less than 24 hour notice. This additional fee may be waived for extenuating circumstances.

**I have read and understand the information provided in this document. My questions have been satisfactorily addressed.**

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
JAMES M. BENEDICK, LCSW, Ed.D.

\_\_\_\_\_  
DATE