

## Beth Robbins, PsyD – Licensed Clinical Psychologist

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OFFICE: (802) 233-0167

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### Disclosure Statement

#### **Formal Education and Credentials:**

Antioch New England Graduate School  
Doctor of clinical Psychology

May, 2000

Licensed Clinical Psychologist  
license # License 048.0000886

#### **Clinical Experience:**

Independent Clinical Psychologist - private practice	1/2016 - Present
Clinical Consultant to State of Vermont	1/2014 - present
Clinical Director and supervisor of UVM Medical Center outpatient services Seneca Center & Mood and Anxiety Disorders Clinic	9/1999 – 1/2018
UVM dept of Psychiatry - faculty	9/1999 – 1/2018
Psychotherapist - Kaiser Permanente and Community Health Plan	9/1992 – 9/1995

#### **The Purpose of Mental Health Counseling:**

This is a collaborative process. Together we will address emotional, behavioral, and relational issues that you find important or that interfere with optimal functioning. As your therapist I will provide support, diagnostic information, feedback, a treatment plan, suggestions for readings/education, referrals as needed, and a space for you to explore all of the above. Please remember that psychotherapy is a challenging and sometimes difficult process based on communication and a deepening level of trust.

#### **Methods and Duration of Treatment:**

My training is in psychodynamic psychotherapy. I am also extensively trained in CBT (cognitive behavioral therapy ) and DBT (dialectical-behavior therapy). The specific treatment methods I use and the duration of psychotherapy will depend on your history, current circumstances, the issues we explore, and our mutually-established goals for therapy. Regardless of the treatment methods used, The focus will be on empowering you to make the changes you wish to make in your life. Please feel free to ask me any questions you may have about my experience, training, the methods I use in treatment, or the expected duration of your treatment.

#### **Confidentiality:**

Information disclosed in psychotherapy is confidential. There may be times when you and I decide it would be helpful for me to speak to someone else about your treatment, such as a physician. In these instances, information may be disclosed if you give me permission in

writing to do so. The limits to confidentiality are the following:

1. If you are using insurance, many insurance companies require treatment plans and diagnostic information before payment will be made.
2. If, in my clinical judgment, I determine that you are in imminent danger of hurting yourself or another person and no safety plan can be established, I am required to alert others.
3. I am legally required to report situations which involve abuse or neglect of children, adults who are incompetent, or adults who are physically or mentally disabled.

#### **Appointments and Cancellations:**

Sessions are 50 minutes long. It is important that you arrive on time. If you are late, you will be unable to use your full appointment but will still be financially responsible for the whole session. I will wait 15 minutes for a late client, but will feel free to leave if I have not heard from you by then. My cancellation policy is as follows:

1. Please notify me by voice mail **at least** 24 hours in advance if you are unable to keep your scheduled appointment. If you can give me more time than that, this is appreciated.
2. Notification at least 24 hours in advance of your appointment will result in no charge for the appointment.
3. Notification **less than 24 hours** in advance of your appointment will result in a charge for the FULL FEE (i.e. \$175 or our agreed-upon fee) which **will be billed directly to you**, the client. Insurance will not pay for missed or canceled appointments. Payment will be expected by the next scheduled appointment unless we make other arrangements.
4. If missed appointments or cancellations represent a pattern termination of treatment may be indicated.

#### **Fees and Payments:**

My out-of-pocket fee for individuals is \$175 for a 50 minute session. Phone calls, other than for scheduling, will be prorated at the hourly rate of \$175 (or our agreed-upon fee.) I reserve the right to charge interest on all accounts overdue by over 30 days of one percent monthly. There will be a \$30 fee for all returned checks.

I do accept some, but not all, insurances. If you are unsure about whether or not I accept your health insurance, please ask me. If your insurance plan changes or lapses, you are responsible to notify me of that change. If you do not notify me, and I either do not take your new insurance, or am not able to receive reimbursement from your insurance company for any reason, you will be charged my full fee. It is your responsibility to understand your health insurance policy coverage limitations and to ensure you have received prior authorization for outpatient mental health services, if required by your policy.

Please feel free to discuss payment questions or problems with me if you anticipate any difficulties. Should collection action ever be necessary I reserve the right to use a collection agency and/or pursue traditional court assisted collection methods. If this is necessary, you will be responsible for any attorney fees and court costs.

#### **Emergencies:**

If you have a life-threatening mental health emergency, call 911 or go to your local emergency room. As an independent practitioner I do not have the capacity to respond to crisis situations. If there is a mental health crisis – please use First Call – 481-6400. I will want to know that you are experiencing crisis and receiving help. It is possible to contact me by cell phone at 802-233-0167 however please understand that this is not meant to be a crisis service and there are extended times when I am away from my cell phone or am occupied and it may take some time for me to call you back. I do charge a pro-rated fee for these phone calls which will not be covered by insurance.

## **Office of Professional Regulation**

The Office of Professional Regulation provides Vermont licensees, certifications, and registrations for over 37,000 practitioners and businesses. Thirty-nine professions and occupations are supported and managed by this office. A list of professions regulated is found below.

Each profession or occupation is governed by laws defining professional conduct. Consumers who have inquiries or wish to obtain a form to register a complaint may do so by calling: (802) 828-2372, or by writing to the Director of the Office, Secretary of State, 26 Terrace Street, Drawer 09, Montpelier, Vermont, 05609-1106.

Upon receipt of a complaint, an administrative review determines if the issues raised are covered by the applicable professional conduct statute. If so, a committee is assigned to investigate, collect information, and recommend action or closure to the governing body.

All complaint investigations are confidential. Should the investigation conclude with a decision for disciplinary action against a professional's license and ability to practice, the name of the license holder will then be made public.

Complaint investigations focus on licensure and fitness of the licensee to practice. Disciplinary action, when warranted, ranges from warning to revocation of license, based on the circumstances. You should not expect a return of fees paid or additional unpaid services as part of the results of the process. If you seek restitution of this nature, consider consulting with the Consumer Protection Division of the Office of the Attorney General, retaining an attorney, or filing a case in Small Claims Court.

## Unprofessional Conduct Standards

### Title 3, Chapter 5

#### § 129a. Unprofessional Conduct

(a) In addition to any other provision of law, the following conduct by a licensee constitutes unprofessional conduct. When that conduct is by an applicant or person who later becomes an applicant, it may constitute grounds for denial of a license or other disciplinary action. Any one of the following items, or any combination of items, whether or not the conduct at issue was committed within or outside the state, shall constitute unprofessional conduct:

1. Fraudulent or deceptive procurement or use of a license.
2. Advertising that is intended or has a tendency to deceive.
3. Failing to comply with provisions of federal or state statutes or rules governing the practice of the profession.
4. Failing to comply with an order of the board or violating any term or condition of a license restricted by the board.
5. Practicing the profession when medically or psychologically unfit to do so.
6. Delegating professional responsibilities to a person whom the licensed professional knows, or has reason to know, is not qualified by training, experience, education or licensing credentials to perform them.
7. Willfully making or filing false reports or records in the practice of the profession; willfully impeding or obstructing the proper making or filing of reports or records or willfully failing to file the proper reports or records.
8. Failing to make available promptly to a person using professional health care services, that person's representative, succeeding health care professionals or institutions, upon written request and direction of the person using professional health care services, copies of that person's records in the possession or under the control of the licensed practitioner.
9. Failing to retain client records for a period of seven years, unless laws specific to the profession allow for a shorter retention period. When other laws or agency rules require retention for a longer period of time, the longer retention period shall apply.
10. Conviction of a crime related to the practice of the profession or conviction of a felony, whether or not related to the practice of the profession.
11. Failing to report to the office a conviction of any felony or any offense related to the practice of the profession in a Vermont district court, a Vermont superior court, a federal court, or a court outside Vermont within 30 days.
12. Exercising undue influence on or taking improper advantage of a person using professional services, or promoting the sale of services or goods in a manner which exploits a person for the financial gain of the practitioner or a third party.
13. Performing treatments or providing services which the licensee is not qualified to perform or which are beyond the scope of the licensee's education, training, capabilities, experience, or scope of practice.
14. Failing to report to the office within 30 days a change of name or address.

(b) Failure to practice competently by reason of any cause on a single occasion or multiple occasions may constitute unprofessional conduct, whether actual injury to a client, patient, or customer has occurred. Failure to practice competently includes:

1. Performance of unsafe or unacceptable patient or client care; or
2. Failure to conform to the essential standards of acceptable and prevailing practice.

(c) The burden of proof in a disciplinary action shall be on the state to show by a preponderance of the evidence that the person has engaged in unprofessional conduct.

(d) After hearing, and upon a finding of unprofessional conduct, a board or an administrative law officer may take disciplinary action against a licensee or applicant, including imposing an administrative penalty not to exceed \$1,000.00 for each unprofessional conduct violation. Any money received under this subsection shall be deposited in the professional regulatory fee fund established in section 124 of this title for the purpose of providing education and training for board members and advisor appointees. The director shall detail in the annual report receipts and expenses from money received under this subsection.

(e) In the case where a standard of unprofessional conduct as set forth in this section conflicts with a standard set forth in a specific board's statute or rule, the standard that is most protective of the public shall govern. (Added 1997, No. 40 sec 5; amended 2001, No. 151 (Adj. Sess.), sec 2, eff. June 27,2002;2003, No. 60, sec 2; 2005, No. 27, sec 5; 2005, No. 148 (Adj. Sess.), sec 4.)