

## Client Information

I have a general psychotherapy practice in which I work with adults, adolescents and families. Issues commonly brought to therapy are problems with stress management, relationships, self esteem, depression, anxiety, grief and problems adjusting to major life changes such as job loss, major illness or divorce. I also work with trauma and PTSD.

My subspecialty area is weight management, eating disorders and related issues. I have more than 25 years counseling experience in this field. The first 16 years I was employed as a Nutritionist at Clinical Nutrition Center. Since 1995 I have been employed as a Psychotherapist at Clinical Nutrition Center. I have a Master's degree in Clinical Psychology and am a Licensed Professional Counselor (LPC).

### Appointments

At this time I am available by appointment on Tuesday afternoons and all day on Wednesdays and all day on Thursdays. My office is located within the Clinical Nutrition Center office. Appointments for counseling are usually scheduled as weekly 50 minute sessions. Seventy-five minute appointments are recommended for family sessions.

Appointments may be scheduled through the Clinical Nutrition Center main desk at (303-750-9454) or by leaving messages on either my answering machine (303-793-0872) or cell phone (303-880-1944). Be sure to leave your name, a brief message and the telephone number and time when you can be reached. I generally return phone messages the next business day.

***If you are experiencing a life threatening situation, either for yourself for someone else, call 911 or go to the nearest hospital emergency room immediately!***

### Treatment Planning

The majority of my clients prefer weekly 50 minute sessions. Weekly visits are close enough together to stay focused on the issues, while allowing a few days in between for processing. Other schedules are also possible. Length of treatment varies widely with the individual. Generally, the less severe the problem, the less time required for treatment and vice versa. At the time of your first visit, we will discuss your needs and expectations from your counseling experience and my recommendations. Together we will decide the approach and time frame that seems best for you.

## Confidentiality

Most issues discussed during the course of therapy are confidential. Written permission from you is required to release information to anyone, including family members and insurance companies. In the case of minor children, parents will be consulted in such a way that the child's privacy is protected as much as possible while ensuring the child's wellbeing. In addition, my files are stored within my office space, separate from the medical files of Clinical Nutrition Center. Access to your counseling file is only available to me unless you have specified otherwise.

There are two situations in which I am required by law to release records to authorities or others involved. These situations are (1) When I feel there is reason to believe that you will cause harm to yourself or to another person or (2) when information regarding child abuse or neglect is given.

Feel free to discuss with me any concerns you may have regarding confidentiality.

## Telephone Calls

You may contact me by leaving messages at the CNC office or on my answering machine or cell phone.

CNC Office: 303-750-9454  
Machine: 303-793-0872  
Cell: 303-880-1944

There is no charge for brief telephone conversations limited to business issues. However, there will be a charge of \$1 per minute for all calls over 10 minutes in length to a maximum of 30 minutes. Calls lasting more than 30 minutes will be charged the full 50 minute office visit fee.

## Fees and Financial Policies

The fee for a 50 minute session is \$75.  
The fee for a 75 minute session is \$105.

Fees are payable in the form of cash, personal check or charges to your VISA, MasterCard or Discover Card account. Payment is expected in full at the time services are rendered.

I do not process insurance claims or accept insurance assignment. You are personally responsible for your account, not your insurance company.

However, I can provide you with an itemized superbill – complete with insurance coding – so you can submit the claim yourself. The insurance company should reimburse you directly. If you are dependent on insurance reimbursement, be sure to check with your insurance carrier about coverage for mental health services before scheduling regular appointments.

## Missed Appointment Policy

Your appointment time is reserved especially for you. I make every effort to start and end sessions on time. This is for your benefit as well as for my other clients.

Because I cannot fill appointments cancelled on short notice, you will be charged for appointments missed or cancelled less than 24 hours in advance of your appointment time.

Please feel free to discuss any questions you may have regarding appointments and fees during your complimentary 30 minute consultation appointment.



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*Michelle J. Berry, MA, LPC  
(Mickey Berry)  
Psychotherapy & Counseling*

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*Anxiety  
Depression  
Self Esteem  
Obesity and/or  
Disordered Eating  
Personal Growth  
Stress Management  
Coping with Major Life Events*



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