

Amelia Canally, LCSW, CGP
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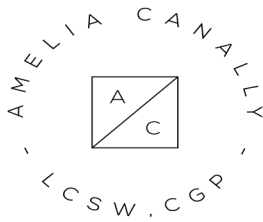
Office Policies

Welcome to my practice! Seeking therapy takes courage, hope and a lot of work—I commend you for being here. In our time together, I will work with you to provide a safe environment for us to explore past and current patterns that keep people from living in a way that feels authentic and meaningful to you. I utilize an eclectic theoretical orientation grounded in relational, psychodynamic, cognitive and somatic theories to address the issues that feel stuck. I work collaboratively to increase self-awareness and coping skills, enhance relationships and heal from past wounds. We will consider family of origin and former relationships as they are helpful to consider when addressing current relationships and coping styles. I view each individual as the expert on his/her own life, see you as ultimately responsible for your choices and will empower you to make changes that feel healthy for you. Therapy is hard work that happens during the actual session as well as in-between appointments.

Type of Therapy: After we initially meet we will decide what works best for you—individual, couple or group therapy. Sometimes, it's both individual and couples and I might provide a referral to another therapist. I may suggest something other than what's expected, like group therapy. We will talk together about your needs and comfort level and schedule therapy with the frame and frequency that works for you.

Fees and Payment: My fee is \$175 for a 50-55 minute individual session, \$200 for a 50-55 minute couple session. Eighty-minute sessions for individual or couples are based on these rates. My group fee is \$60 per session (75 minutes). I do not currently file insurance but I will provide receipts to submit for out-of-network benefits. If your insurance plan has out of network mental health benefits you may be reimbursed for a portion of your costs. I accept cash, checks, debit or credit cards and HSA or FLEX savings account credit cards.

Appointments and Cancellations: Each therapy appointment will be scheduled in advance and will last approximately 50 minutes. If you need to cancel or reschedule an appointment, please call or text 24-hours in advance to avoid being charged for missed appointments. Appointments that are not cancelled within the 24-hour time frame are subject to the full session fee.



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Messages and Emergencies: You are free to leave me a voicemail or text, 512-799-4091, 24-hours a day, 7 days a week. I will respond within 24-hours, unless I receive the contact over a weekend or holiday. When I leave for an extended period of time or vacation I will discuss arrangements with you and leave an emergency contact on my voicemail. In the event you are experiencing an emergency, services are available at local hospitals or please seek immediate help by calling the appropriate number below:

24-Hour Crisis Hotline: 512-472-HELP Emergency: 911

Consent for Treatment: Therapy can be an intense and powerful experience and there are risks and benefits associated with psychotherapy. Therapy allows you to discuss any problematic issues in your life and as a result, may elicit uncomfortable feelings. It is common to experience anger, guilt, sadness or frustration since it involves discussing unpleasant aspects of your life. Making personal changes can be daunting and disruptive at times. Therapy is not a guarantee and does not work for everybody. Please discuss with me any risks or concerns you may have as a result of being in therapy.