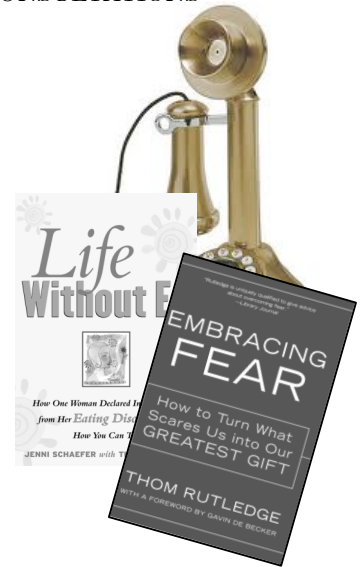


## TELEPHONE CONSULTATIONS WITH THOM RUTLEDGE, LCSW

Author of *Embracing Fear: How to Turn What Scares Us into Our Greatest Gift* and co-author (with Jenni Schaefer) of *Life Without Ed: How One Woman Declared Independence from Her Eating Disorder & How You Can Too*

*If you have read Life Without Ed, you know how much a difference Thom has made in my life. Now with his telephone consultations, he can make that difference for you too.*

-Jenni Schaefer  
Eating Disorder Recovery Advocate  
Author, *Life Without Ed*



**T**hom Rutledge LCSW, a psychotherapist, author and speaker, has experienced both sides of the therapeutic relationship -- as clinician and as client. He blends his personal recovery from depression, addiction and excessive self-criticism with 25 years of professional experience to guide his clients, readers, and audiences from self-judgment and perfectionism toward genuine self-compassion. Thom's trademark sense of humor, a down-to-earth practicality, and his own compassion are the common threads that run throughout his unique brand of self-help psychology.

Now Thom is available for telephone consultations, so you don't have to live in, or travel to, Nashville to benefit from his wisdom and guidance (and his humor). Thom will work with you to determine what you want to gain from your phone sessions, whether you decide to book just one session or several. Sessions are available in 30 minute and 60 minute time frames.

Take a look at the following information and if you would like to book some telephone time with Thom, e-mail [thomrutledge@earthlink.net](mailto:thomrutledge@earthlink.net) or call 615-327-3423.

Telephone consultations with Thom can serve any number of purposes. The sessions are available to help in a way that makes sense to you. For instance...

- Occasional sessions as an adjunct to therapy and support in which you are already involved
- Regular sessions as a part of your on-going support system
- A few sessions to help deal with a specific problem or decision
- An occasional “tune up” session to help keep you on the recovery path
- One or two sessions to get some coaching from Thom about how to use methods described in his books
- As short-term aftercare following participation in one of Thom’s weekend retreats --- or as preparation before attending a retreat

*One of the great things about working with Thom is that if you are willing to put his methods into action, even just one session can really make a difference.*

-Jenni Schaefer

+ Important Note: Before your first telephone consultation, please sign the “Statement of Responsibility” and fax to 615-523-1322 or mail to Thom Rutledge / 331 22<sup>nd</sup> Ave N, Ste One / Nashville, TN 37203.

## POLICIES FOR TELEPHONE CONSULTATIONS

*Please read the following policies carefully and be sure you understand them. Thank you.*

### Time Frames/Fees:

\$90 30 minute session

\$150 60 minute session *All initial consultations are 60 minutes.*

The final 5-7 minutes of a phone consultation is reserved for, summarizing the session, business matters, including making additional appointments.



### Payment:

If you wish to pay with credit card, an email statement will be sent after each session. (Payments are accepted via Paypal, but you don't have to have a Paypal account to pay this way.) Or you can mail check or money order to Thom Rutledge prior to, or immediately following, each session. All clients agree to maintain a zero balance at all times.

Post to: Thom Rutledge  
331 22<sup>nd</sup> Avenue North, Suite One  
Nashville, Tennessee 37203

### Cancellation Policy:

If it becomes necessary to cancel a phone session, please do so by 7:00 a.m. on the day of the appointment. (Voice mail and email is available for messages 24 hours a day.) **SESSIONS CANCELED WITH LESS NOTICE WILL INCUR CHARGE FOR THE FULL FEE.**

### Scheduling & Making the Call:

- Telephone appointment times can be arranged by phone or e-mail.
- The client is responsible for long distance phone calls.
- At the time of the appointment, the client calls (615) 327-3423, unless otherwise specified.

### Disclaimer:

Thom Rutledge is licensed as an independent practitioner of social work only in the state of Tennessee. Telephone consultations are intended to support your personal growth efforts, and are not a substitute for professional counseling or psychotherapy. It is strongly recommended that you participate in regular counseling sessions with someone in your city.

Before your first telephone consultation, you are required to enter your name and return the Statement of Responsibility by fax (615-523-1322) or mail (address above).

## CONFIDENTIAL APPLICATION

Date of Initial Consultation \_\_\_\_\_ Referral Source \_\_\_\_\_

Client Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone #'s \_\_\_\_\_ E-mail address \_\_\_\_\_

Marital Status \_\_\_\_\_ Children (ages) \_\_\_\_\_

# of Previous Marriages \_\_\_\_\_ Children (ages) \_\_\_\_\_

Parents (ages) \_\_\_\_\_ Siblings (ages) \_\_\_\_\_

Current or previous counseling, treatment, and/or support group experience \_\_\_\_\_

Current Therapist \_\_\_\_\_ Phone/email \_\_\_\_\_

Current Medications \_\_\_\_\_ Physician \_\_\_\_\_

Are you recovering from any addictions? \_\_\_\_\_

Are you currently concerned about an active addiction? \_\_\_\_\_

Reason for seeking help now / and what you hope to gain from telephone consultations? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is the most important thing you want to talk about in your first session? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contact information: Phone (615) 327-3423 Fax (615) 523-1322  
E-mail thomrutledge@earthlink.net

## STATEMENT OF RESPONSIBILITY

By signing this statement, I \_\_\_\_\_ acknowledge the following:

- 1.) I understand that telephone consultations are not professional psychotherapy, or counseling.
- 2.) I understand that if the services of a mental health professional are needed, I am responsible for seeking those services.
- 3.) I agree to be responsible for direct payment for telephone consultation services and I understand that cancellations after 7:00 a.m. on the day of the appointment will incur full charge.
- 4.) I understand that medical/mental health insurance plans are not applicable to these services.
- 5.) I understand that the content of my telephone consultations are confidential, that information about my consultations may not be released to any one or any agency without my specific written permission.
- 6.) I understand that there are two exceptions to the confidentiality rule above: Confidentiality will be broken in the event that I present a danger to myself or others, and confidentiality will be broken if I share information that a child is being sexually or physically abused.



Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Client Name, Address, E-mail, Phone:

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Please sign and mail this Application and Statement of Responsibility to:

Thom Rutledge  
 331 22<sup>nd</sup> Avenue North, Suite One  
 Nashville, Tennessee 37203

Or fax to 615-523-1322

If you have any questions or need for clarification, please call 615-327-3423 or e-mail [thomrutledge@earthlink.net](mailto:thomrutledge@earthlink.net). (E-mail is preferred.)

*Please retain a copy of this document for your records.*