



Sexual Life Improvement, Inc.

From the desk of Shelley L. Imholte, PhD, LCSW, M.Ed.

State of Texas Social Work Board-approved Supervisor & Continuing Education provider

Sexual Health Assessment Informed Consent

Summary of Services:

Sexual Life Improvement, Inc. sexual health assessment involves two in-depth interviews and an optional interpretation and summary interview. All sexual health assessment interviews are conducted by Shelley L. Imholte, PhD, LCSW-S, M.Ed. and offered both in person or virtually. A final sexual health assessment report is provided to the referring provider (physician, psychiatrist, psychologist, licensed social worker, licensed professional counselor, occupational therapist, and physical therapist, myofascial release professional, acupuncturist or alternative/energy practitioner) no more than three weeks after the second interview of the sexual health assessment. All persons scheduled for sexual health assessment interviews are required to have a release of information completed and on file with the referring provider as well as a copy of that release of information sent to Shelley L. Imholte, PhD, LCSW-S, M.Ed. Interviewees must agree to complete a release of information for Sexual Life Improvement, Inc. in order for a formal report of the assessment findings to be sent to the referring provider within **three weeks** of the final interview (second or interpretation/summary interview). Sexual health assessments are not sex therapy sessions but rather they serve as a tool to assist you and your referring provider with treatment insights and suggestions to address your sexuality and/or sexual concerns.

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Possible Benefits and Risks:

The potential benefits that may accompany sexual health assessment interviews are a greater understanding of how your sexuality developed across your lifespan and influences your current sexual life, potential direction for you and your provider to explore, and possible effective strategies to address sexual health.

The potential risks include sharing sensitive information about your life including your sexual health history, experiences with sexual education (formal and informal), and how peers, family and culture have influenced the development of your sexuality, sexual expression, and sexual education. These disclosures may involve physical discomfort in the body (tension, nausea, tingling, clenching and temperature changes). Shelley L. Imholte, PhD, LCSW-S, M.Ed. will inquire about physical discomfort and/or physical changes throughout the interviews.

Sexual health assessments are not sex therapy sessions instead they are a tool to support you and your referring provider to address areas of sexual health that may be critical for change. As such, an interview differs significantly from therapy. Interviews are pointed; you may at times be interrupted and/or redirected in order to gather as much sexual health information about you as possible in a short amount of time.

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Interviews:

Sexual health assessment interviews (2) have two options; 90-minute or 120-minute interviews. An optional third interpretation and summary interview is 120-minutes. During the first of the two interviews a review of this document to address any questions that you

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may have or clarify any misunderstanding of the services provided and the services desired. You will be asked to complete psychometric measures prior to your interview. These questionnaires will be sent to you either through the hard copy mail system or via email.

The interviews are sensitive in nature therefore interviewees are encouraged to discuss with their referring provider what appropriate self-care and support is needed prior to and following the interviews.

You have the right to inquire about professional credentials and experience as a sex therapist with Shelley L. Imholte, PhD, LCSW-S, M.Ed. You have the right to refuse recommendations to the referring provider. You have the right to terminate any interview at any time. Shelley L. Imholte, PhD, LCSW-S, M.Ed. also has the right to terminate an interview at any time.

Interview Fees:

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Sexual Life Improvement, Inc. does not have a relationship with any health or mental insurance carriers and does not accept any type of third party reimbursement for a sexual health assessment. Below you will find a breakdown of the two sexual health assessment interviews options and the optional interpretation and summary interview fees.

Type	Frequency	Time (Minutes)	Fee	Total Cost
Interview	2	90	\$275	\$550
Interview	2	120	\$350	\$700
Interp Interview	1	120	\$350	\$350

*****Interview fees are expected at the time of service (Check, Cash, PayPal/digital credit card payment through PayPal).***

A portion (\$10) of each interview fee will be donated to Global Giving Coronavirus Relief Fund (<https://www.globalgiving.org/projects/coronavirus-relief-fund/>)

May each of us remain well, may those in our lives remain well, may our medical system support those who are in need.

COVID In-person precautions

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Shelley L. Imholte, Ph.D., LCSW-S, M.Ed. is fully vaccinated (see vaccination card displayed in the waiting area) and has no history of COVID-19 infection. Interviews are available in person or virtually, indoors or outdoors. Sexual Life Improvement, Inc requires masks while inside for persons who have not yet been vaccinated. Masks are available in the waiting area. Adequate social distancing (6+ feet) will be maintained for both indoor and outdoor appointments. There will be no physical contact throughout the time spent with Shelley L. Imholte, Ph.D., LCSW-S, M.Ed. Please take care of yourself if you have fever, aches, or a runny nose please do make arrangements with Shelley L. Imholte, Ph.D., LCSW-S, M.Ed. to reschedule to a time when you are feeling well.

The Healing House, home of Sexual Life Improvement, Inc. is equipped with [Reme-Halo](#), an in duct air purifying system, that has demonstrated [99.9% efficacy against COVID-19](#). Sexual Life Improvement, Inc office space is equipped with a [Medify MA-15 Air Purifier](#) with H13 HEPA filter that is used to clean the air in between appointments. Hand sanitizer is available as well as hand soap at both the kitchen and bathroom sink, please use at least one method of hand care once you enter The Healing House, thank you. Sexual Life

Improvement, Inc. is dedicated to quality public health and will adjust as necessary to ensure the safety of all of us. In the event that Sexual Life Improvement, Inc. returns to quarantine due to high rates of COVID-19 according to both the [Center for Disease Control](#) Travis county data and [Austin Travis County](#) COVID-19 data you will be offered a virtual appointment.

If you choose to attend an in-person appointment you are asked to text Shelley L. Imholte, Ph.D., LCSW-S, M.Ed. at 5124313721 and will receive a text at your appointment time to enter The Healing House. If we have agreed to meet inside the front door will be cracked, push it open and come on in, please close the door behind you preferably with your foot. Wash and/or sanitize your hands ☺ If we have agreed to meet outside the back gate will be open, please come on in and close the gate behind you, thank you. Hand sanitizer is available throughout outdoor appointments.

Interview Cancellations:

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If you are unable to attend scheduled interviews, you agree to notify Shelley L. Imholte, PhD, LCSW-S, M.Ed. within **48-hours**. Your initials indicate that you **understand** and **agree** that you will be **charged \$100.00** if notice of cancellation is **less than 48-hours**. If your first interview is cancelled **outside of 48-hours** an **additional \$100 will be added** to your **first scheduled** interview.

Digital/Electronic Communications:

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Information contained in email communications, video interviews conducted on Doxy telemedicine platform ([doxy.me](#)) or in person are all confidential, and while the information is intended solely for communication between you, your referring provider and Shelley L. Imholte, PhD, LCSW-S, M.Ed. in today's digital age the risk of unintended disclosure exists as service providers (internet and/or cell phone providers) may store communications on their servers. You are being informed that digital communications run the risk of breaching your confidentiality. By signing this form, you **confirm** that you **understand the risks** involved in sending or receiving digital communications and video interviews.

Please indicate selection by circling your response.

Consent for Email: I DO accept the risks with Email communications
I DO NOT accept Email communications
EMAIL:

Consent for Calls: I DO accept the risks with telephone communications
I DO NOT accept telephone communications
Phone Number:

Consent for Doxy Video Interview: I DO accept the risks with Doxy Video Interview
I DO NOT accept Doxy Video Interview

Confidentiality/Client Rights:

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Texas state law requires that information provided to mental health practitioners remain confidential. Shelley L. Imholte, PhD, LCSW-S, M.Ed. will make every effort to maintain your confidentiality. As an interviewee your signature confirms that you understand the limitations to confidentiality as outlined below.

- 1. You are a danger to yourself or others.***
- 2. You are involved with or aware of abuse (physical, sexual, emotional or forms of neglect) of a child, elderly person, or persons with a disability.***
- 3. I have been subpoenaed by the court.***

4. Your insurance company paying for services has the right to review all records.

Grievance/Complaints:

Grievances/Complaints can be submitted to:

Texas Behavioral Health Executive Board
333 Guadalupe St., Ste. 3-900
Austin, Texas 78701
Tel. (512) 305-7700

Or call the 24-hour complain hotline at 1-800-821-3205

<https://www.bhec.texas.gov/discipline-and-complaints/index.html>

After Hours Policy:

If you need to contact Shelley L. Imholte, PhD, LCSW-S, M.Ed. at any time you may call or email:

512-431-3721 shelley@sexuallifeimprovement.com

If you are in crisis please call either 911 or the **24-hour crisis line at (512) 472-HELP (4357)**. Shelley L. Imholte, PhD, LCSW-S, M.Ed. will not be held responsible for any harm occurring as a result of a crisis/acute mental health emergency. By signing this form you agree that you have read, understood, and have been able to ask questions about this agreement.

Signature of Interviewee

*Shelley L. Imholte, PhD, LCSW-S,
M.Ed./Signature*

Printed Name of Interviewee

Shelley L. Imholte, PhD, LCSW-S, M.Ed.
Printed

Date

Date