

# Information for New Patients

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470-464-8494

## General Information

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This information will provide a framework for our work together. Feel free to discuss any of this with me. PLEASE CALL MY ANSWERING SERVICE TO SPEAK TO ME DIRECTLY AT **407-464-8494** TO OBTAIN MORE INFORMATION OR SET AN APPOINTMENT.

You have taken a very positive step by deciding to seek therapy. Many feel that with the help provided by psychotherapy, they have been made significant changes in their lives, their relationships, and their actions and reactions. I will use my best professional skills to help you make the changes you wish to make. Together, we will set goals and discuss ways to achieve these goals. I cannot guarantee that your behavior or circumstance will change. I will support you and use my professional skills to understand you and help you clarify what it is that you want for yourself and ways to achieve what you want. At any time, if you have questions about our work together, you can discuss them with me.

Typically, we will meet for 45 minutes after the first consultation, which is 55 minutes long. We will set a schedule of frequency based on your needs and our mutual schedules. Telehealth services are charged at a different rate than in-person sessions.

I do not take or file insurance, so you should check carefully if you are using out-of-network benefits for my services. I hope the billing and payment process will be easy and seamless for both of us.

There are forms on my Patient Portal that you will need to complete if we decide to work together. I am happy to speak with you to answer any additional questions.

## Contacting Dr. Betsy Gard

### **ANSWERING SERVICE NUMBER-470-464-8494**

When you call, please leave your name, number, information on the nature of your call, and any additional information I may need to call you back. I may not be immediately available by phone but I have an answering service and they will make contact with me with the information you have provided. I will make every effort to call you back within 24 hours unless it is a Friday, Saturday, Sunday, or morning. If you do not hear back from me, please call and leave a 2nd message. I do monitor my messages and voicemails.

If this is an emergency, please go to the nearest emergency room, or call 911 or 988.