

# Paul A. Looney, M.D.

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## CLIENT INFORMATION

Thank you for choosing to work with me. This will serve as an introduction and address some of the questions you may have about my training and approach.

I am a medical doctor and I attended medical school in Galveston at the University of Texas Medical Branch. I got my undergraduate degree from Abilene Christian University. I graduated from medical school in 1981 and practiced general medicine for several years before returning to Galveston for residency training in psychiatry. In 1989 I began practicing in The Woodlands. I am certified as a psychiatrist by the American Board of Psychiatry and Neurology.

The majority of my practice consists in working with individuals or couples through coaching and psychotherapy. Generally, appointments are scheduled weekly until sufficient progress warrants less frequent sessions. Many people come to see me in response to a crisis or loss; others come simply because they want to live happier and more productive lives. Some wish to address problems in relationships, and some engage my services to get help with a specific symptom or illness such as anxiety or depression. Whatever the reason you are here, research has shown the benefits of coaching and therapy. If I do not believe I can help, I will tell you.

My desire is to assist you in reaching your goals. This can often be accomplished through exploration of feelings and by identifying behaviors that limit you and thought patterns that are destructive. Often these can be changed, allowing you to experience greater freedom and peace. Through our sessions, you may learn how to have healthier and more satisfying relationships, and live life in harmony with your beliefs and values.

As a physician, I am committed to addressing any psychiatric illness that might be present. If I believe medication will be helpful to you, I will recommend it. In most cases, I will ask you to engage in regular exercise and to keep a journal while you are in therapy. Both of these will maximize the benefit you receive under my care.

If either of us is not satisfied with the progress being made, I may request that you get a consultation with another counselor or physician to ensure that the course of treatment is optimal. It is always important for you to express negative feelings that arise toward me during the time we are working together. Very often, expressing anger or

disappointment allows therapy to deepen and greatly enhances the possibility for a good outcome.

If you become dissatisfied with my services and we cannot resolve the problem, you may report any complaint to the Texas State Board of Medical Examiners or the American Psychiatric Association. At your request, I will give you the code of ethics, addresses and telephone numbers of these organizations.

Although our sessions are conducted in a friendly way and may be quite personal, our relationship will be maintained on a professional basis. My professional code of ethics does not allow me to attend social gatherings with you, accept gifts, or accept goods or services in lieu of payment.

I will keep confidential anything you say to me in therapy with the following exceptions: you ask me to tell someone else, I believe you are in danger of hurting yourself or someone else, or I am ordered by a court to disclose information. Also, some insurance companies require disclosure of certain information in order to certify the necessity of your care.

I do not take insurance assignment. However, I can provide you with a receipt, and any necessary information needed for you to file with your insurance company for reimbursement for my services. Insurance plans that have psychiatric benefits typically require you meet a deductible and usually pay only a percentage of the fee. Please contact your insurance representative if you wish to determine whether or not you have psychiatric coverage.

Health insurance companies require that I diagnose your mental condition and indicate that you have an illness before they will pay for my services. I will discuss with you the diagnosis I plan to render, if you wish, before you submit it to the health insurance company. Any diagnosis made will become a part of your permanent health record.

In return for a fee of \$180.00 per session, I agree to provide coaching or counseling for you. If medication is involved, the fee is \$200.00. Most sessions will last 45 minutes. If they are shorter or longer, the fee may be adjusted accordingly. Most initial sessions last 80 minutes and the fee is \$280.00. If it is a shorter session of 50 minutes the fee is \$220.00. If I see you for a brief visit for therapy (20 minutes) the fee is \$110.00. If medication is involved, the fee is \$125.00. If the visit is fifteen minutes or less, the fee is usually \$90.00. Medication checks usually occur every one to three months. The fee for each session is due at the time of the session. If you request it, I will provide you with a monthly receipt for the fees paid.

Because of the nature of my practice, I am limited in the number of people I can see. I must request at least 24 hours advance notice for cancellations in order to use the time for another patient. With less notice you will be billed for the time set aside for your use.

Should you need to contact me between scheduled sessions, please call me directly at (713) 725-1305. If you get my voice mail, please leave a message indicating the nature of your call and I will get back to you as soon as possible. If your call is urgent, and you

have not heard back from me within an hour, please call again. If you have an emergency you may need to go to your nearest emergency facility.

Success in our work together depends to some degree on your desire for change and your willingness to be honest with yourself and with me. Awareness of need, willingness to feel and to talk about negative emotions, curiosity and openness to direction will all assist you in obtaining maximum benefit from our relationship. As a Christian, I believe that prayer can be an important part of healing and change. If you would like, I will pray for you at the beginning or at the conclusion of a session. It will be up to you to let me know if that is your desire.

In addition to my private practice, I also serve as Director for a non-profit organization, Hidden Manna Ministries. Hidden Manna provides resources for individual and group retreats. Group retreats include *One Flesh*, a workshop for married couples, and *Out of Egypt*, a retreat designed to allow individuals an opportunity to experience greater freedom in their relationships with others and a deeper connection with God. I am also a strong proponent of personal spiritual retreat. If you desire information about Hidden Manna or retreat opportunities, please ask me.

I am a teaching pastor at Woodlands Church and oversee the counseling ministry there and conduct workshops on various topics. I also oversee Restoration and Celebrate Recovery on Tuesday nights.

I consider it an honor that you have chosen me to work with you. I will endeavor always to warrant your trust and to guard the integrity of our relationship.

Thank you again.

Sincerely,

Paul A. Looney, M. D.

*“To him who overcomes, I will give some of the hidden manna. I will also give him a white stone with a new name written on it, known only to him who receives it.”*

- Revelation 2:17

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paullooneymd.com  
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