

Paul A. Looney, M.D.
White Stone Associates

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CLIENT INFORMATION

Thank you for choosing White Stone Associates. This will serve as an introduction and address some of the questions you may have about my training and approach.

My name is Paul Alan Looney. I am a medical doctor. I went to medical school in Galveston at the University of Texas Medical Branch, and I attended college at Abilene Christian University. I graduated from medical school in 1981 and practiced in general medicine for several years before returning to Galveston for residency training in psychiatry. In 1989 I began my private practice in its current location. 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 the process of 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 enter therapy to gain assistance in dealing with a specific symptom or illness such as anxiety or depression. Whatever the reason you are here, research has shown the benefits of psychotherapy. If I do not believe I can help you, 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 which are destructive. Often these can be changed, allowing you to experience greater freedom and inner peace. Through therapy, 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 will 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 therapist 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.

If you want to seek reimbursement for my services from your health insurance company, we can assist you by completing any necessary forms. Many health insurance companies will reimburse clients for my services, but some will not. Insurance plans that do pay typically require you to meet a deductible and usually pay only a percentage of the fee. Please contact your insurance company if you wish to determine whether or not you have psychiatric benefits.

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 I 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 psychotherapy 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 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. 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 all 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 the office number. You may leave a message and I will return your call as soon as possible. In the event of an urgent need, you may page me by calling 1-877-326-0817. You will then have 30 seconds to leave a voice message. Call again if there is no response. In an emergency, you may need to go to the nearest hospital emergency department.

Success in therapy depends to some degree on your desire for change and on 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 Fellowship Of The Woodlands 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 as your doctor. I will endeavor always to warrant your trust and to guard the integrity of our physician - patient 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 -