

can i follow my therapist to a new practice

Can I Follow My Therapist to a New Practice?

can i follow my therapist to a new practice is a question many clients wonder about when their trusted mental health professional decides to change workplaces. The therapeutic relationship is built on trust, comfort, and continuity, so it's only natural to want to maintain that connection even if your therapist moves to a different practice or location. But the answer isn't always straightforward, as several factors come into play, including the policies of the therapist's former and new practices, insurance considerations, and logistical details. In this article, we'll explore what it means to follow your therapist to a new practice, how to navigate the process, and what alternatives you might consider if following them isn't feasible.

Understanding the Therapist-Client Relationship and Transitions

Before diving into whether you can follow your therapist, it's important to understand the nature of the therapist-client relationship and how changes in practice settings can affect it. Therapy is a deeply personal service, and the rapport you build with your therapist is essential for effective treatment. When a therapist moves to a new practice, it might feel unsettling, but it can also provide opportunities for continued growth with a professional you already trust.

Why Therapists Change Practices

Therapists may move to new practices for various reasons: better professional opportunities, changes in their focus or specialty, desire for a different work environment, or even personal reasons such as relocation. Sometimes, a therapist might start their own private practice, while other times they join a larger group or clinic.

Understanding their reasons can help clients appreciate that these transitions are often positive for the therapist's career and can ultimately benefit the client if handled properly.

What Happens to Your Therapy When Your Therapist Moves?

When your therapist moves, the continuity of your care depends on several factors:

- **Practice Policies:** Some practices have strict policies that bind therapists and their

clients to the institution, making it challenging to transfer care.

- **Insurance Networks:** Your health insurance plan may only cover sessions at certain facilities or with therapists in specific networks.
- **Therapist's Willingness:** Not all therapists can or want to take clients with them due to contractual agreements or ethical considerations.
- **Client Preferences:** Some clients prefer to stay with a practice rather than follow one therapist.

Can I Follow My Therapist to a New Practice?

The short answer is: it depends. But let's break down what influences this decision and what you should consider.

Contracts and Non-Compete Clauses

Some therapists sign contracts with their employers that include non-compete clauses or agreements restricting them from taking clients to a new practice for a certain period. These clauses aim to protect the original practice's client base. If your therapist is under such a contract, they might legally be unable to continue seeing you at their new location.

Client Records and Confidentiality

Your therapy records are typically owned by the practice where you received services, not the individual therapist. This means that even if your therapist moves, your records might stay at the old practice unless you authorize a transfer. This can complicate continuing therapy seamlessly at the new location.

Insurance Coverage Considerations

Another critical factor is whether your insurance plan covers your therapist's new practice. If it's out-of-network, you might face higher out-of-pocket costs, or your sessions might not be covered at all. Always check with your insurance provider to see if the new practice accepts your plan.

Logistics and Accessibility

Following your therapist to a new practice might mean longer travel times or inconvenient appointment scheduling. These practical considerations can influence whether continuing care with your therapist is realistic for you.

How to Approach Following Your Therapist to a New Practice

If you're considering following your therapist, here are some steps to take:

1. Communicate Openly with Your Therapist

The best place to start is a candid conversation with your therapist. Ask them about their plans, whether they can continue working with you at their new practice, and what the process would entail. Therapists are usually understanding and will guide you through your options.

2. Contact Both Practices

Reach out to the administrative staff at both your current and your therapist's new practice. They can provide information about transferring your records, scheduling, payment policies, and insurance coverage.

3. Verify Insurance Details

Talk to your insurance company to confirm whether the new practice is in-network and what your benefits will look like. This step can save you from unexpected expenses.

4. Request Transfer of Records

If you decide to follow your therapist, you'll need to authorize the transfer of your medical and therapy records. This usually involves filling out a release form. Having your records available ensures your therapist can maintain continuity in your care.

5. Evaluate Your Comfort and Convenience

Consider whether the new practice's location, hours, and environment suit your needs. Therapy works best when you feel comfortable and can attend sessions consistently.

Alternatives If You Can't Follow Your Therapist

Sometimes, despite your best efforts, following your therapist isn't possible. Here are some alternatives that might help maintain your therapeutic progress.

Starting with a New Therapist at Your Current Practice

If your current practice has other therapists, ask for a referral to someone with a similar style or specialization. Many practices prioritize smooth transitions for their clients.

Scheduling a Final Session or Transition Planning

If your therapist is moving, consider scheduling a few final sessions to discuss your progress and develop a plan for continuing care, whether with them or another professional. This can include referrals, coping strategies, and goal-setting.

Exploring Teletherapy Options

In some cases, your therapist might offer remote sessions from their new practice. Teletherapy has become increasingly popular and can bridge the gap if location is an issue.

Seeking Recommendations

Don't hesitate to ask your therapist or practice staff for recommendations on therapists elsewhere. They often have networks or partnerships to help clients find quality care.

Legal and Ethical Considerations

Therapists are bound by ethical guidelines to prioritize their clients' welfare. This means they should be transparent about any changes affecting your care and assist you in finding alternatives if necessary. Additionally, protecting your confidentiality during any transfer or transition is paramount.

If you feel pressured or unsure about the process, remember that you have the right to advocate for your needs and seek support, whether through patient advocates, insurance representatives, or professional licensing boards.

Tips for a Smooth Transition When Following Your Therapist

- **Keep communication open:** Regularly discuss your feelings and any concerns with your therapist during the transition period.

- **Prepare questions:** Ask about changes in fees, appointment scheduling, and any new policies at the new practice.
- **Confirm insurance coverage:** Avoid surprises by understanding what your insurance covers before moving forward.
- **Plan your schedule:** Coordinate appointment times that fit your lifestyle and minimize disruption.
- **Stay flexible:** Be open to trying teletherapy or new formats if needed.

Navigating a therapist's move to a new practice can feel complex, but with clear communication and informed decisions, you can maintain continuity in your mental health care. Whether you follow your therapist or find a new provider, prioritizing your comfort and therapeutic goals remains key.

Frequently Asked Questions

Can I follow my therapist if they move to a new practice?

Yes, you can usually follow your therapist to a new practice as long as they are accepting new or continuing clients there. It's important to check with the therapist and the new practice about availability and any new policies.

Are there any legal or ethical considerations when following my therapist to a new practice?

Therapists must maintain client confidentiality and ensure continuity of care. They typically provide proper transfer of records and communicate any changes. As a client, you have the right to consent to the transfer of your records.

Will my insurance cover sessions if I follow my therapist to a new practice?

Insurance coverage depends on whether the new practice is in-network with your insurance provider. It's important to verify with your insurance company and the new practice to understand coverage and any potential changes in copays or deductibles.

What should I do if my therapist changes practices but I want to continue therapy with someone else at my current practice?

You can request a referral to another therapist within your current practice. Additionally,

your current therapist can assist with a smooth transition by providing necessary records and recommendations to the new therapist.

How do I handle the transfer of my therapy records when following my therapist to a new practice?

You typically need to provide written consent for your therapy records to be transferred. Your therapist or their administrative staff can guide you through the process to ensure your records are securely and promptly moved to the new practice.

Additional Resources

[Can I Follow My Therapist to a New Practice? A Detailed Exploration](#)

can i follow my therapist to a new practice is a question that many therapy clients find themselves asking, especially when a trusted mental health professional decides to change their workplace. The therapeutic relationship is deeply personal and built on trust, rapport, and continuity. Therefore, understanding the logistics and implications of following a therapist to a new practice is crucial both for clients seeking ongoing support and for clinicians navigating professional moves. This article delves into the considerations, policies, and practicalities surrounding this situation from multiple angles.

Understanding the Therapeutic Relationship and Its Continuity

The cornerstone of effective therapy lies in the therapeutic alliance between the client and the therapist. Consistency and trust often contribute significantly to positive outcomes. When a therapist changes their practice location or joins a new group, clients naturally wonder if they can continue seeing the same professional without interruption.

In essence, the ability to follow a therapist to a new practice depends on several factors including the therapist's employment status, the policies of the original and new practices, insurance coverage, and confidentiality agreements. It's important to distinguish between independent therapists who operate private practices and those employed by clinics or organizations, as this distinction heavily influences client options.

Employment Status: Private Practice vs. Group Practice

Therapists operating a private practice typically have full autonomy over their client lists and scheduling. If such a therapist relocates or establishes a new practice, clients generally can follow them with ease, as the therapeutic relationship is primarily between the individual therapist and client.

Conversely, therapists employed by group practices or larger healthcare organizations may

face contractual limitations. In these cases, client records and appointments might be managed by the organization rather than the individual provider. Consequently, if a therapist moves to a different practice, clients may not automatically transfer with them, especially if the original practice retains client files or has policies restricting client transfers.

Legal and Ethical Considerations in Following a Therapist

When exploring whether one can follow a therapist to a new practice, legal and ethical factors come into play. Confidentiality laws, record-keeping requirements, and informed consent protocols govern how client information is managed during transitions.

Client Records and HIPAA Compliance

Under the Health Insurance Portability and Accountability Act (HIPAA), client records are protected and must be handled with strict confidentiality. If a therapist moves to a new practice, transferring client records requires either the client's explicit consent or adherence to specific legal guidelines. Clients should be aware of who holds their records — the therapist or the practice — because this influences accessibility and transferability.

Informed Consent and Client Autonomy

Ethically, therapists should prioritize client autonomy. This includes informing clients about changes in their practice location and discussing options for continuing therapy. Clients have the right to choose whether to follow their therapist, remain with the original practice (if possible), or seek a new provider altogether.

Insurance and Financial Implications

Insurance coverage plays a critical role for many clients considering following a therapist to a new practice. Different insurance plans and networks have varying policies regarding provider changes.

Insurance Networks and Provider Panels

If the new practice is within the same insurance network as the previous one, clients might face fewer hurdles in continuing therapy with the same professional. However, if the therapist moves to a practice outside the client's insurance provider panel, clients may encounter unexpected costs or be required to switch therapists.

Billing and Payment Methods

When a therapist moves, billing arrangements often change. Clients may need to update payment information, understand new co-pays, or navigate different reimbursement procedures. Transparency from both therapist and practice about these financial shifts is essential to avoid disruptions.

Practical Steps for Clients Wanting to Follow Their Therapist

For clients who have established a strong therapeutic relationship and wish to continue it despite a therapist's move, several proactive steps can facilitate a smooth transition.

- **Communicate Early:** Discuss the therapist's plans and preferred options for continuity well before the move.
- **Understand Record Transfer Policies:** Clarify who holds your records and how they will be transferred if you decide to follow.
- **Check Insurance Coverage:** Confirm whether your insurance will cover sessions at the new practice location.
- **Review Agreements:** Examine any updated consent forms or contracts related to the change in practice.
- **Consider Logistics:** Factor in travel distance, scheduling availability, and the new practice's environment.

When Following Is Not Possible

Sometimes, despite the desire to continue therapy with the same professional, following the therapist to a new practice is not feasible. Reasons might include:

1. Contractual obligations preventing client transfers.
2. Insurance limitations restricting coverage to certain providers.
3. Practice policies retaining client files and managing ongoing care internally.
4. Geographical or logistical barriers that make attendance impractical.

In such cases, therapists often assist clients in finding suitable alternative providers or making referrals to ensure continuity of care.

Therapist Responsibilities During Transitions

From a professional standpoint, therapists are ethically obligated to manage transitions thoughtfully. This includes:

- Providing adequate notice about changes.
- Discussing options transparently with clients.
- Facilitating smooth transfer of records when requested.
- Supporting clients in finding alternative care if needed.

Ensuring minimal disruption to therapeutic progress is paramount, especially when clients have established long-term relationships.

Impact on Therapeutic Outcomes

Research consistently underscores the importance of therapeutic continuity for positive mental health outcomes. Interruptions or forced changes can sometimes lead to setbacks or increased distress. Therefore, when a therapist moves practices, maintaining continuity—whether by following the therapist or securing a well-matched new provider—is crucial.

Technology and Teletherapy: Expanding Access Across Practices

The rise of teletherapy has somewhat eased the challenges associated with following a therapist to a new practice. Virtual sessions can allow clients to continue working with their therapist regardless of physical location, provided both parties have the necessary technology and internet access.

However, teletherapy also involves considerations such as licensing regulations across states, insurance coverage for remote care, and technological comfort levels. Despite these factors, teletherapy often offers a flexible alternative for maintaining therapeutic connections during transitions.

Navigating the question "can i follow my therapist to a new practice" involves understanding the interplay of employment arrangements, legalities, insurance policies, and personal preferences. While many clients can continue therapy with their trusted providers, others may face structural or administrative barriers necessitating new arrangements. Open communication, informed consent, and proactive planning remain key elements in ensuring that therapy continues effectively, regardless of practice changes.

[Can I Follow My Therapist To A New Practice](#)

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guide has been completely revised and expanded with over 90% new material in a new step-by-step format. It details how, when, and why therapists can make best use of each chapter in Mind Over Mood, Second Edition (MOM2), in individual, couple, and group therapy. Christine A. Padesky's extensive experience as a CBT innovator, clinician, teacher, and consultant is reflected in 100+ pages of compelling therapist-client dialogues that vividly illustrate core CBT interventions and management of challenging dilemmas. Fully updated, the book offers research-based guidance on the use of MOM2 to treat anxiety disorders, depression, anger, guilt, shame, relationship problems, and personality disorders. Invaluable therapy tips, real-life scenarios, and troubleshooting guides in each chapter make this the essential MOM2 companion for novice and experienced therapists alike. Reproducible Reading Guides show how to sequence MOM2 chapters to target specific moods. First edition title: Clinician's Guide to Mind Over Mood. New to This Edition *Detailed instructions on how, when, and why to use each of MOM2's 60 worksheets. *Expanded coverage illustrating effective use of thought records, behavioral experiments, and imagery. *Shows how to flexibly tailor MOM2 to address particular anxiety disorders, using distinct principles and protocols. *Incorporates evidence-based practices from positive psychology, motivational interviewing, and acceptance and commitment therapy. *Updated practice guidelines throughout, based on current clinical research. *More content on using MOM2 for therapist self-study and in training programs and classrooms. *Free supplemental videos on the author's YouTube channel provide additional clinical tips and discuss issues in practicing, teaching, and learning CBT. See also Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think.

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training in systemic family and couple therapy. The handbook explores the dramatic changes in the use of digital technology since the COVID-19 pandemic. It provides a theoretical perspective on the impact of digital technology on family life as well as therapeutic work. The volume offers state-of-the-art practical recommendations to trainees, therapists, supervisors, and trainers for implementing online systemic practices. Key areas of coverage include: Therapeutic alliance in online systemic therapy. Online systemic therapy with individuals presenting psychological difficulties as well as families of adolescents with mental health issues. Online couples therapy. Online systemic group therapy with oncology patients. Online multifamily group therapy with youths facing psychotic symptoms. Online systemic supervision with individuals and teams. Online training in systemic couple and family therapy. Methods and guidelines for online systemic practices. The Handbook of Online Systemic Therapy, Supervision, and Training is a must-have resource for researchers, professors, and graduate students as well as clinicians, therapists, and other professionals in clinical psychology, family studies, psychotherapy, social work, public health, and all interrelated disciplines.

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supervisee, but they also consider how this social identity effects the therapeutic process and, crucially, work with clients. The book includes first-hand accounts, case studies, and reflections to demonstrate how interactions are influenced by gender, race, and sexuality, offering practical ideas about how to work intentionally and ethically with clients. Engaging, informative, and practical, this book is essential reading for students, supervisors, family, marriage, and couple therapists, and clinical social workers who want to work confidently with a range of clients, as well as clinical professionals interested in the role of intersectionality in their work.

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advanced practitioners – rather than only those who define themselves as sex therapists.

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can i follow my therapist to a new practice: *Six Group Therapies* S. Long, 2013-06-29

can i follow my therapist to a new practice: Dynamic systems theory and embodiment in psychotherapy research. A new look at process and outcome Sergio Salvatore, Wolfgang Tschacher, Omar Carlo Gioacchino Gelo, Sabine C Koch, 2016-04-11 In an attempt to cease from reducing the world and its (emergent) phenomena to linear modeling and analytic dissection, Dynamic Systems Theories (DST) and Embodiment theories and methods aim at accounting for the complex, dynamic, and non-linear phenomena that we constantly deal with in psychology. For instance, DST and Embodiment can enrich psychology's understanding of the communicative process both in clinical and non-clinical settings. In psychotherapy, an important amount of research has shown that – next

to other ingredients – the therapeutic relationship is the most important active factor contributing to psychotherapy outcome. These findings give communication a central role in the psychotherapy process. In the traditional view, the underlying model of understanding psychotherapy processes is that of a number of components summatively coming together enabling us to make a linear causal prediction. Yet, communication is inherently dynamic. A shift to viewing the communication process in psychotherapy as a field dynamic phenomenon helps us to take into account nonlinear phenomena, such as feedback processes within and between persons. We thus propose an embodied enactive dynamic systems view as a new theoretical and methodological perspective that can more realistically capture what happens among and between two persons in psychotherapy. This view reaches beyond the current narrow model of psychotherapy research. DST and Embodied Enactive Approaches can offer solutions to the loss of non-linear phenomena, the complex dynamics of reality, and the holistic level of analysis. DST and Embodied Enactive Approaches have developed not in a single discipline but in a joined movement based on various fields such as physics, biology, robotics, anthropology, philosophy, linguistics, neuroscience, and psychology, and have only recently entered clinical theorizing. The two new paradigms have already triggered a rethinking of the therapeutic exchange by recognizing the embodied nature of psychological and communicative phenomena. Their integration opens up a promising scenario in the field of psychotherapy research, developing new, profoundly transdisciplinary, theoretical concepts, methodologies, and standards of knowledge. The notion of field dynamics enables us to account for the role of the communicational context in the regulation of intra-psychological processes, while at the same time avoiding the pitfalls of an ontologization of the hierarchy of systemic organization. Moreover, the new approach implements methodological strategies that can transcend the conventional opposition between idiographic and nomothetic sciences.

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Nelson, 2011-01-11 Many books on solution-focused brief therapy provide histories, overviews, and uses of the approach. Doing Something Different does not do any of those things. Instead, it provides those interested in the solution-focused approach with a plethora of ideas for practice, training, and simply enjoying the solution-focused approach and its practice in therapy, consulting, coaching, and training. It contains a varied and rich array of interventions, training ideas, uses with different populations and approaches, and resources written by contributors who represent many countries and viewpoints, and who are well known in the training and practice of the solution-focused approach. Chapters are presented in simple language, as befits the solution-focused approach, and complement the many serious and whimsical sections of the book, which include practice and training ideas, favorite quotes and stories, “outrageous” moments in therapy, and a list of solution-focused songs. Anyone who enjoys the approach in any manner should find something that grabs the interest and tickles the senses and sensibilities. Readers will come away informed, thoughtful, and entertained.

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