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Patient's Commitments and Responsibilities

Successful psychological intervention requires you to consult with a trained and licensed clinical psychologist who has your best interests in mind. However, that's only the first part. Successful outcomes also depend on your individual efforts and the commitments you are willing to make. In other words, you need to be a good fit for psychotherapy for it to work.

Before booking your first session, please understand your duties, responsibilities and commitments to ensure better mental health outcomes.

1. You must read our [Terms and Conditions, Privacy Policy, and Frequently Asked Questions \(FAQs\)](#) in detail.
2. You will need to invest in one session (50 minutes) per week. This may happen online or offline. The exact number of sessions required for successful termination cannot be predicted.
3. Meaningful changes take time, and results cannot be guaranteed. Attending weekly sessions regularly is the first step toward making a therapeutic commitment.
4. You must not skip sessions unless there is a real emergency. Not feeling like attending a scheduled session or not feeling like talking aren't valid reasons to skip appointments. On the other hand, silence and reluctance are opportunities for your clinical psychologist to work with resistance.
5. Requests for additional sessions within the same week may be honoured, subject to availability and patient needs. Unless you're in intensive therapy or you experience a major psychological event, multiple sessions during the same week are discouraged.
6. Your treating clinical psychologist may remind or urge you to seek psychiatric consultation at any point during psychological intervention.
7. If you've consulted a psychiatrist, it's extremely important to follow the psychiatrist's advice. Do not stop or start taking medication on your own. Your clinical psychologist will not provide any guidance regarding medicines.
8. Sessions are scheduled and paid for beforehand. This ensures discipline and allows your treating clinical psychologist to plan and structure your psychological intervention without causing inconvenience to anyone.
9. Cancellations and rescheduling may be requested up to 48 hours before a booked session. No refunds shall be made if you cancel a session 24 hours before a scheduled session.
10. You agree to do the homework (including writing your thought record) your clinical psychologist assigns.
11. You are free to opt out of (terminate or pause) psychotherapy sessions by informing your clinical psychologist at least 48 hours before the next booked session.
12. If the clinical psychologist feels you may benefit from a different mental health practitioner, you'll be informed and advised accordingly.