

Informed Consent

This document is to inform you of your rights in therapy and to give you information on what to expect in the process of therapy. This document is for you, to protect your rights and to help you make informed decisions concerning your care. If at any time while you are my client, you believe that your rights have been violated in the therapy process, you may make a formal complain to the Texas State Board of Examiners of Professional Counselors at 1100 W 49th St, Austin, Tx. 78756-3183.

Guarantees:

There are no guarantees. Therapy can be hard, painful work at times, and there is no guarantee that all or any of your issues will be resolved the way you want them to be, although we will certainly work towards that goal. If you decide to undertake the process of counseling, be aware that painful memories and issues might come up and sometimes you will feel worse before you feel better. You will be the one to decide what you want to work on and how far you want to go.

Fees:

I do not take insurance, but I will provide you with a statement if you wish to file for reimbursement from your insurance company. Fees are \$150 an hour, to be paid at each session. Payment may be made in cash or credit. Scheduled sessions must be cancelled 48 hours in advance to avoid

Credentials:

I have a Master's Degree in Counseling from Amberton University and am licensed by the state of Texas as a Licensed Professional Counselor.

Confidentiality:

Generally, what you say to me is kept in confidence. However, there are exceptions. By law, I must report child or elder abuse and abuse of disabled persons. Legal subpoenas can negate your right to confidentiality in certain legal proceedings. If I believe that you are suicidal or intend to harm another person, I will release that information to whomever necessary to protect your life or the life of the other person.

Additionally, in the interest of providing quality care, I occasionally consult with other mental health professionals which require some discussion of confidential information. In those cases, names of clients are not revealed.

Length:

All sessions will last 60 minutes. There is no set time frame for how long a person remains in therapy. How long therapy lasts is affected by the severity of the problems being worked on, as well as individual personality differences. My goal is to work as rapidly as possible to maximize your time and minimize your expense. You have the right to end therapy at any time.

Records:

Your records will be kept secure and are confidential, with the exception to confidentiality discussed above. Records are kept for five years after therapy has ended, then destroyed, except for minors. In this case, the five years of maintenance before destruction begins when the former client reaches the

age of majority. You are entitled to see your records, excluding information that could be detrimental to your mental well-being. There is a \$100 processing fee for providing copies of the records. Records include intake forms, notes taken on each session, dates of sessions, diagnostics (if applicable), assessments and diagnosis (if applicable), and payment information.

Emergencies:

Of course, life-threatening emergencies should be handled by calling 911. For non life-threatening emergencies of a mental health nature, I can be reached at 972-523-9014. You will generally need to leave a message, and I will return your call as soon as possible. If I am out of town or otherwise unavailable, you may call the contact crisis line at 972-233-2233.

Expectations:

You will not be required to do anything that you are uncomfortable doing. I frequently use “homework” with clients, to help with self-awareness and insight, and to help the client own the problem and solution. Therapy is not about being told what to think and do. It is a journey of self-growth and healing. As a counselor, my job is to help guide you on your journey, and help you face difficult issues. At times, that means presenting you with painful truths and exploring readiness for change. The people closest to you might initially resist your changes, and your relationships will probably be affected, both positively and negatively. People generally resist change, even when it is change for the better.

I have read and understand the information provided above. I have received a copy of this information.

Client Signature

Signature (of parent if client is a minor)

Printed name

Printed name (of parent is client is a minor)

Date