



DISCLOSURE AND CONSENT FORM

GENERAL

Since counseling is based upon a particular theoretical orientation as well as the personal style and experience of the counselor, I believe it is in your best interest to briefly explain to you my background (see biographical sheet) as well as my views of the counseling process. In addition, I wish to clarify my administrative policies to avoid misunderstandings.

VIEW OF THE COUNSELING PROCESS

I view the counseling process as forming an alliance with you, in dependence on God, to explore the nature of your problem. Although we will spend much of our time exploring the specific problem that brought you into counseling, we will also explore, in depth, the nature of your relationship with other significant people in your life. In my theoretical orientation, many of the forces and dynamics that have influenced the complexity and intensity of your problem are rooted in relational issues.

In using a Biblical foundation in my counseling, I believe you are made to deeply relate...this is the source of your greatest joy, but also of your deepest pain. This is not to simplify your problem, but rather to highlight the complexity of the problem and how it interferes with the deep enjoyment for which you are made. This is also meant to give you hope, recognizing that we will aim at the source of the problem.

Interpersonal relationships are the area in which the results of the fall of humankind are most prevalent, and in which the need for redemptive change is most obvious. In working toward the goals of removing the initial problem and growing in relational maturity, the counseling process will require that firm efforts be made to change and may involve experiencing significant discomfort.

Remembering and resolving unpleasant events can arouse intense fear, anger, depression, frustration and other powerful emotions that may feel foreign, but are a normal part of the process of growth. Seeking to resolve issues between family members, marital partners and other persons can similarly lead to discomfort, as well as relationship changes that may not have been originally intended.

Many of the results of counseling will depend upon your determination to deal honestly with the issues that powerfully affect your life. We are human beings who have been profoundly affected by the effects of sin in the world. We are damaged people who do further damage through the way we handle our pain. We are tempted to transform our thirst for God into things under our control that keep us protected, yet, at the same time, in agony. This pain often appears in the form of symptoms such as depression, eating disorders, sexual dysfunction, workaholism, anxiety, rage, etc. Your symptoms are important. They point beyond themselves to the need for an inside look into your life. This "inside look" is intended to surface, and over time, disrupt old, unhealthy dependencies and to offer the enticing idea that dependency on God is an invitation we have both feared and longed for in the core of our souls.

I believe that certain problems can also have (or develop) physical components. In such cases, medical consultation will be advised.

DESIRES AND RESPONSIBILITIES OF COUNSELOR

I desire to see the problem that brought you into counseling resolved to your satisfaction. I also desire to see you entering deep joy and growing in your ability to love others powerfully. In order to help you, I need to get to know you, how you view your problem and how you relate to significant people in your life.

I am responsible to be honest with you, and to keep careful records about the directions we pursue in counseling (these records are confidential; no one else will be allowed to see them). I will follow a course of counseling that is in your best interest, and will attempt to resolve only those problems that are within the scope of my training.

CONFIDENTIALITY

Confidentiality is an important element of the therapy process. Your identity and ongoing work in therapy will be kept strictly confidential, with only the following exceptions:

- 1) I regularly consult with other professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas on how to best help you reach your goals. Such consultations are obtained in a way that maintains complete confidentiality. No identifying information is shared in such consultations.
- 2) If a court of law orders a subpoena of case records or testimony I will first assert "privilege" (which is your right to deny the release of your records). I will release records with your written permission or if a court denies the assertion of privilege and orders the release of records.
- 3) If I feel you are a threat to yourself or others (suicidal or homicidal statements) I may need to report these statements to your family and/or other appropriate mental health or law enforcement professionals.
- 4) There are a broad range of events that are reportable under child protection statutes. Physical or sexual abuse of a child will be reported to Child Protective Services. When the victim of child abuse is over the age of 18, I am not legally mandated to report it unless I believe that there are minors still living with the abuser who may be in danger of being abused.

FEES AND PAYMENT OF FEES

The standard fee for individual, couple, and family counseling is \$110.00 per fifty minute session. The group rate is \$50.00 per ninety minute session. Fees are paid at the beginning of each counseling session by personal check, cash or credit card. As returned checks create an administrative cost for us, there will be a \$15.00 fee for any returned check. Arrangements other than this must be made with me. Financial considerations are a real and necessary part of counseling. Openness and flexibility are necessary when determining a client's financial obligation and I sincerely invite you to discuss your fee with me at any time during this relationship.

Appointments are generally made on a regular, weekly basis. In the event you are unable to keep your appointment, **a 24 hour notice is required for cancellations. Except for emergencies, you will be charged full fee for a "no show" or for a cancellation without a 24 hour notice. If you are attending a group, you will be required to pay for your place in group whether present or not.**

There may be additional charges for reports, special billings, written agreements, phone consultations, or collection procedures. There will be a \$10.00 per month surcharge against your accounts left delinquent over 30 days.

In the event that I am required, for any reason, to go to court or attend legal matters pertaining to the client, there will be an additional charge of \$150.00 per hour from portal to portal.

When a client is a minor, counseling fees are the responsibility of the parent/parents or legal guardian. If there is a need for psychological testing, fees are additional and are determined according to the number and type of test(s) administered.

CLIENT'S RIGHTS AND RESPONSIBILITIES

The course of therapy is determined mutually by myself, the counselor, and you, the client. You are encouraged to freely ask me any questions you have regarding my educational and professional background,

therapeutic approach, and the specific therapy plan and progress.

People often ask how long they will be in counseling. Some clients need fairly brief therapy to understand their conflicts and reach the goals they set for themselves. However, others may require many months or even years of work to achieve the growth they desire. I attempt to work with people in such a way that they have sufficient time to meet their individual therapy goals but I discourage clients becoming inappropriately dependent upon therapy. Consequently, treatment duration varies from person to person. Clients typically know when they are beginning to "feel finished" with therapy work and I encourage you to discuss this when it happens for you so that we can close our relationship as carefully as we begin it.

State certification requirements for professional counselors do not imply the effectiveness of any treatment. It is your responsibility to determine whether the services offered are appropriate and ultimately helpful.

It is always my intention to provide services in a professional manner that is consistent with all accepted ethical standards. If at any time in the course of our work together you feel that there may have been a misunderstanding or you have any question or complaint about my services, please bring this up with me immediately so that I can become aware of your concern and resolve the matter with you. I am required to abide by the rules set forth by the Texas State Board of Examiners of Professional Counselors. These rules include guidelines for counseling methods and practices as well as professional ethical standards. You have the right to report violations to the **Texas State Board of Examiners of Professional Counselors, 1100 West 49th Street, Austin, Texas, 78756-3183; (512-834-6658).**

You have the right to end therapy at any time without any moral or legal obligations. Financial obligations will be only those already accrued. If you choose to end the counseling relationship, I do ask that you participate in a termination session.

For the safety and welfare of your child, parents of minor children must remain on the premises and available to the counselor while their child is in session. Please note that if you are waiting on the premises but away from our lobby you need to come in at least 10 minutes prior to the end of your child's session so that you are available to your child and their counselor when the session is over.

Generally speaking, CBC counselors do not interact with clients personally via email/text messages, except for scheduling purposes (there may be occasional exceptions to this, as arranged by your counselor). Because e-mail/texting is not a secure or confidential medium, I cannot guarantee that any email/text that you may send to me will remain confidential. I do consider your communications private and do all I can to maintain confidentiality. If you choose to email/text me, include a phone number where I may reach you if a reply is requested. I do not monitor email/text messages continuously; so the most effective way to reach me is via phone. EMAIL/TEXTING IS NOT RECOMMENDED AS A METHOD FOR CONTACTING CBC IN AN EMERGENCY. Please note that if you choose to email/text me and I decide to respond, I will respond to the address/phone number from which it is sent. If you do not wish others who may have access to the email/text account you are using to also have access to my response, please consider another means of contacting me.

ACKNOWLEDGEMENT

By signing this disclosure and consent statement, the client acknowledges having been informed of his/her rights and responsibilities under regulatory laws for counselors in Texas. In addition, the client acknowledges he/she has read and understands the administrative policies for this counseling office.

Signature of client

Date

Signature of Spouse/Guardian

Date

Signature of Counselor/Therapist

Date