



Informed Consent Form

Federal and state laws require that you understand the counseling philosophy and practice of behavioral health offices and your rights as clients or the caretakers of clients. While I am not required to do so, it is my concern for your well being that prompts me to require that you read this information carefully and initial and sign where indicated. Please feel free to ask questions should there be anything you do not fully understand. A full copy of this Informed Consent Form will be furnished for your records.

Initial here if you have read and understood this section. _____

Clinical Background and Philosophy

I am a licensed Psychological Associate and am governed by the North Carolina Psychology Board. My license number is #2100 and I am in good standing with the board. The North Carolina Psychology Board is located at 895 State Farm Road, Suite 101 Boone, NC 28607. Their website is www.ncpsychologyboard.org and they can be reached at (828) 262-2258.

I received my Bachelors of Arts in Psychology from Oakland University in Rochester, Michigan and my Masters of Arts in Clinical Psychology from the University of Hartford in West Hartford, Connecticut. I have been in the mental health field since 1994 and I have worked in a variety of mental health settings. I did my clinical practicum at Walker Reception and Special Management Unit in Suffield, Connecticut. This is a maximum security male intake prison facility. I worked for 5 years with the North Carolina Department of Corrections in a variety of settings which included an intake facility, an inpatient mental health unit and a maximum security segregation unit. I have worked in an inpatient substance abuse hospital as well as a day treatment program and an outpatient program for clients with dual diagnosis (clients with a substance abuse diagnosis and mental health diagnosis). I have been in private practice since 2005. I have a broad range of experience with different populations that make me a well rounded clinician. I see individuals 16 years and older as well as couples. My specialties include: substance abuse, trauma, anger management issues, depression, anxiety, bipolar, schizophrenia and personality disorders. I am intensively trained in DBT and led a DBT group for 4 years. My philosophy is to provide a nonjudgemental environment where a client can look at and address difficult topics and issues, make goals, and work towards healing and recovering.

Initial here if you have read and understood this section. _____

Telephone Counseling

I am available to speak to current clients to help talk them through a difficult time, although these conversations are brief (less than 10 minutes). Conversations lasting longer will be subject to a minimum \$10 charge (see Insurance and Financial Policies for details). Clients will be notified at the time of the call regarding the charge. Please be aware that insurance does not cover telephone sessions. Occasionally, client circumstances are such that coming to the office is not feasible. When that is the case, telephone sessions can be scheduled and they will be subjected to the cash rate of \$85 per hour.

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Confidentiality

Information will not be shared with anyone pertaining to clients or information shared by clients by this clinician, however, this clinician is required by the licensing board to receive one hour of clinical

supervision a month by a Licensed Psychologist. In this supervision, this clinician will consult with a colleague about clients, but please note that my colleague adheres to the same rules of confidentiality as this clinician. Please note the few exceptions in which confidentiality can be broken:

1. Where child abuse or elder abuse is suspected. Abuse can be defined as anything physical, emotional, sexual or the act of neglect.
2. In emergency situations where there may be danger to the client(s), this clinician or others as with homicide or suicide situations.
3. If a court of law issues a legitimate subpoena for your records.
4. You provide written consent to release information about you and/or your family members.
5. In the case of a child, non-custodial parents or others may have the right to information according to court orders.

Currently, the system I use notifies clients of their appointments via email. This is an automated system and clients are advised not to send responses to this computer generated email as it will go back to the server.

Initial here if you have read and understood this section. _____

The Need for Adolescents to have their Confidentiality

In order to ensure that an adolescent client is receiving the best possible treatment, the parents and the therapist must work together. In order to accomplish this, the youth needs to begin to trust the counselor, and have confidence that anything discussed during a session will not be revealed to their parents.

Parents of adolescents are required to attend the first session as limits of confidentiality will need to be discussed so as to outline the boundaries of therapy. If a situation escalates into something potentially harmful or life threatening, I will notify parents and other authorities as required by law.

Initial here if you have read and understood this section. _____

Records

HIPPA, state law, and standards of mental health profession require that treatment records are kept in an organized, well documented file. These records include all aspects of individually identifiable information that I have obtained from you or others participating in your care. The records reflect face-to-face encounters, telephone contacts, e-mails, clinical impressions and interventions as they relate to your past, present or future. They are kept in a locked cabinet and in a HIPPA secured cloud data base. Please refer to the HIPPA policy regarding your rights regarding your records.

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Length of Counseling Therapy

You will normally be the one who decides the length of the counseling therapy. Missed sessions will prolong the duration of therapy. Clients often will be given homework to complete between sessions and must be completed in order for therapy to be most effective, therefore, clients are ultimately responsible for their own recovery. Sometimes clients come into therapy with a particular issue that falls within the realm of my expertise, but upon working together other issues may emerge that are beyond my scope of experience and/or training. If this is the case, I will inform you of this fact and talk about your options and refer you to another counselor who may better meet your needs.

Initial here if you have read and understood this section. _____