

Park Cities Counseling P.C.
Clients Informed Consent

The following paragraphs explain important aspects of the counseling provided.
If you have any questions, ask your counselor for clarification.

Confidentiality: This involves keeping private the information shared by you with your counselor. You can expect this from your counselor and office staff members who may need access to your records for administrative purposes. Written, telephone, or personal inquiries about a client from people other than the client will not be acknowledged, unless a *Release of Information* is signed by the client. In case of a minor, a parent or legal guardian must sign the release. According to Texas law, there are two exceptions to the right of confidentiality, these include: when there's a reasonable concern that harm may come to you or others (suicide, homicide, or child abuse) or when a court of law subpoenas information.

Realistic expectations of counseling: Counseling by itself may not result in your problem or concern being resolved. Working toward such resolution may require change that is initially discomfiting and even painful. Necessary discussion of pertinent issues may, on occasion, be difficult. At the same time, counseling may prove to be the very help you need as you work toward the resolution you desire.

The qualifications of the counselor: You have the right to ask Elizabeth about her background and qualifications for counseling...education, degrees earned, experience, licensure, spirituality, etc.

Responsibility regarding appointments: You and your counselor are responsible for meeting for each appointment you agree upon. If your counselor is prevented from meeting an appointment, you will be notified as soon as possible. If you are similarly prevented from keeping an appointment, you are responsible for notifying Park Cities Counseling as soon as possible. *Missing an appointment without notifying Park Cities Counseling 24 hours advance will result in a charge.*

Length and satisfaction with counseling: Each session is 50 minutes. The client in consultation with the counselor determines the frequency and duration of sessions. Although you may choose to leave the counseling process at any time, this will be best done in a closure session with your counselor. If you are dissatisfied with any aspect of your counseling, please discuss this openly with Elizabeth.

Diagnostic assessments: By the second session, your counselor will make a diagnostic assessment of your presenting problem as is required by insurance companies that pay for psychotherapy sessions. The diagnosis, which will be represented by a numerical designation, will refer to a specific section or sections of a standard professional diagnostic manual. You have the right to have your counselor explain this assessment to you.

Fees and insurance: The session fee you agree to pay is to be paid at the conclusion of each session. Park Cities Counseling does not file insurance, but will provide receipts with the proper information for you to file it for yourself.

Phone calls will be charged the same as an in session meeting.

For any state correspondence: Texas State Board of Examiner of Professional Counselors, 1100 West 49th St., Austin, TX. 78756-3183. Telephone: 512-834-6658.

Signature

Date