

Clinical Counseling Informed Consent

Counseling Relationship: During the time we work together, we will meet for 50-minute weekly sessions. Although our sessions may be very intimate psychologically, this is a professional relationship rather than a social one. Our contact will be limited to counseling sessions you arrange with me except in the case of an emergency when you may contact me by phone or VSee TeleMental Health (TMH). **All services are provided by appointment only. Please be on time to your appointments. These are our attendance policies: Rescheduling 24 hours in advance is allowed for no more than two consecutive sessions; a total of two “no shows” or “cancellations” are allowed; sessions are cancelled and count as absence if you arrive 15 minutes late or more; a discharge session is offered if three or more “no shows” or cancellations” occur. If you arrive for the session under the influence of an intoxicating substance, I will immediately cancel the session and ask you to arrange for a ride home or call a cab at your own expense. If you try to leave in your car under any type of influence putting yourself and others in danger, we will call the police.** Please do not invite me to social gatherings, offer me gifts, ask me to write references, or ask me to relate to you in any way other than in the professional context of our counseling sessions. Should we encounter one another in a public place (e.g. restaurant or store), I will protect your privacy by not approaching you, and will only speak to you if you first approach me. You will be best served if our sessions concentrate exclusively on your concerns.

Effects of Counseling: At any time, you may initiate discussion of possible positive or negative effects of entering, not entering, continuing or discontinuing counseling. While benefits are expected from counseling, specific results are not guaranteed. Counseling is a personal exploration and may lead to major changes in your life perspectives and decisions. These changes may affect significant relationships, your job, and/ or your understanding of yourself. Some of these changes may be temporarily distressing. The exact nature of these changes cannot be predicted. Together we will work to achieve the best possible results for you.

Client Rights: Some clients need only a few counseling sessions to achieve their goals while others may require months or even years of counseling. As a client, you are in control and may terminate the counseling relationship at any time unless you are court-ordered to be in counseling. I do ask that you participate in a termination session. You also have the right to refuse or negotiate modification of any of my suggestions. I assure you that my services will be rendered in a professional manner consistent with accepted ethical standards. If at any time, for any reason, you are dissatisfied with my services, please let me know. If I am not able to resolve your concerns, you may report your complaints to the Texas State Board of Professional Counselors, Social Workers, or Licensed Marriage and Family Therapy by calling 1-800-942-5540 or writing to Complaints Management and Investigations Section, P.O. Box 141369, Austin, TX 78714.

Referrals: Should you and/ or I believe that a referral is needed, I will provide some alternatives including programs and/ or professionals who may be able to assist you. You will be responsible for contacting and evaluating those referrals.

Records and Confidentiality: All of our communication becomes part of the clinical record, which you may see upon written request. Some limitations and exceptions do exist and could require an ethical duty to warn: 1) I determine that you are a danger to yourself or someone else; 2) you disclose abuse, neglect or exploitation of a child, elderly or disabled person; 3) you disclose sexual contact with another health professional; 4) I am

ordered by a court of law to disclose information; 5) you direct me to release your records; or 6) I am otherwise required by law to disclose information.

In the case of marriage or family counseling, I will keep confidential (within the limits cited above) anything you disclose to me without your family member's knowledge. However, I encourage open communication between family members, and I reserve the right to terminate our counseling relationship if I judge the secret to be detrimental to the therapeutic process.

TeleMental Health (TMH) Defined: TMH is the delivering of health care services at a distance via technology-assisted media. Included are a wide array of clinical services and forms of technology (e.g., video, internet, PC desktop system, telephone, etc.). The audio/video communication is securely transmitted and encrypted from point-to-point. Additionally, to be HIPAA compliant, a Business Associate Agreement (BAA) must be established between the TMH service provider and the health care service provider. The BAA formalizes the responsibility of the TMH service provider as responsible for keeping all patient information secure.

Limitations of TeleMental Health (TMH) Therapy Services: TMH has several advantages such as flexibility and convenience. However, it is an adjunct or alternative form of therapy which may involve disadvantages and limitations. There may be a service disruption (e.g., video or audio disconnects, video quality temporarily decreases, etc.). Such disruptions may impact the flow of communication due to limitations to include visual or auditory cues, facial expressions, tone of voice, etc. I will take every precaution to provide psychotherapy sessions that are environmentally private and technologically secure. You are responsible for identifying a quiet and private space for sessions. Please consider using a "do not disturb" sign or note on the door. A reliable internet connection is necessary to minimize disruptions.

Professional Credentials: Elaine F Garrison, MS, LPC, license #69635; Juana Garcia, MS, LMFT, license #202065; Amber Phillips, MS, LPC, license #77691; Michelle McQueen, MA, LPC, license #75375; Chelsi Najera, MA, LPC Intern, license # 80510 under the supervision of Russell Bartee, PhD, LPC-S, license # 11248; Michael Fowler, MMFT, LMFT-Associate, license # 203354, under the supervision of Susan Martinez, LMFT-S, license #201742; Natalie McCurley, BA; Laurie Mitchell, BA; Federico Mendez, MS; Casey Gutiérrez, MEd, LPC, license #74446.

The Enduring Families Program staff uses a collaborative team approach for the wellbeing of all participants in our program. The goal of the collaborative team is to help participants achieve improved individual and family functioning. In order to accomplish this goal, the staff working in the Enduring Families Program will work together through consultation and/or navigation to provide the best care possible.

By your signature below, you are indicating that you have read and understood this document, and any questions you have had about this statement have been answered to your satisfaction.

Client and/or Parent/Guardian Signature

Date

Intake Counselor Signature

Date

Primary Counselor Signature

Date