



Informed Consent

Welcome to the counseling services of Creekside Counseling. We are honored that you have chosen our clinic to assist you with your mental health needs. The following information is being provided in order to help you understand the parameters of our professional relationship.

All clinicians at Creekside Counseling have met the requirements for licensure of their specific discipline in the state of Idaho. For further information regarding licensure, education and philosophy of your provider please speak to her/him and refer to the printed bio information in our waiting room.

If you are seeing an LPC (Licensed Professional Counselor) or LMSW (Licensed Master Social Worker), he/she is being supervised by another professional. Your provider may consult with their supervisor regarding clients' care and treatment; however, all identifying information will be kept confidential.

Confidentiality

Your counseling sessions will be kept strictly confidential; however, there are a few exceptions:

1. When there is reasonable suspicion of abuse to minor children or to the elderly
2. When the client presents a serious and foreseeable danger to him/herself or to others
3. When we are ordered to do so by a court order
4. When directed to do so pursuant to a law enforcement emergency
5. As per the Patriot Act in the event of a national security emergency
6. If you are receiving services from more than one provider in our office your personal health information will be available to each provider being seen and consultation will occur on an as needed basis in order to plan, provide and coordinate your services.

Rest assured however, that otherwise your disclosures will be kept confidential at all times. If you are seen in a couples', family, or group setting each person is encouraged to maintain confidentiality as well. We, however, have no control or responsibility for anything revealed by that other person outside of the sessions. There are times that the staff at Creekside Counseling will discuss cases for the purpose of supervision and consultation. No identifying information will be used in such consultation and your protected health information will always be guarded with respect.

Confidentiality and Technology

At this time, providers at Creekside generally do not communicate with clients via e-mail or text, due to privacy concerns. Some exceptions to this policy may be granted providing there are special release forms signed and in place. Unfortunately, due to the nature of online counseling, there is always the possibility that unauthorized persons may attempt to discover personal information. Therefore, we are

unable to provide on-line counseling at this time. However, when absolutely necessary, your counselor can arrange to encrypt email communication to you.

Client Rights

You may ask questions concerning your treatment, evaluation and assessment at any time. You have the right to participate in treatment decisions, to seek a second opinion, to refuse treatment or to stop treatment at any time. If it is decided that your counselor is not the most beneficial or qualified counselor to help you with your specific issues every effort will be made to offer you appropriate referrals to professionals who may be a better fit for you.

IBOL Rule 525 for counselors stipulates that you be informed that the relationship between client and counselor will always be of a professional nature only and that any sexual or inappropriate behavior will not be permitted at any time. Should you feel that this rule has been violated you are encouraged to file a complaint with the licensing bureau. Mental health therapists are regulated by the Idaho Board of Occupational Licenses 700 W State St., Boise, ID 83702; 208-334-3233.

Goals of Counseling

There can be many goals for the counseling relationship. Some of these will be long term goals such as improving the quality of your life, learning to live with mindfulness and self-actualization. Others may be more immediate goals such as decreasing anxiety and depression symptoms, developing healthy relationships, changing behavior or decreasing/ending drug use, to name a few. Whatever the goals for counseling, they will be set by the clients according to what they want to work on in counseling. The mental health provider may make suggestions on how to reach that goal but you decide where you want to go. Among the other strategies and interventions offered, EMDR may be made available to you depending on your therapeutic needs and the clinical judgment of your provider.

Risks/Benefits of Counseling

Counseling is an intensely personal process which can bring unpleasant memories or emotions to the surface. There are no guarantees that counseling will work for you. Clients can sometimes make improvements only to go backwards after a time. Progress may happen slowly. Counseling requires a very active effort on your part. In order to be most successful, you will have to work on things we discuss outside of sessions. However, there are many benefits to counseling. Counseling can help you develop coping skills, help you change the way you think, make behavioral changes, reduce symptoms of mental health disorders, improve the quality of your life, learn to manage anger, learn to live in the present and many other advantages.

Court Cases

Creekside Counseling and its affiliates make every effort to avoid legal entanglement. The role of our clinicians is to provide therapeutic services and be advocates for their clients. Except in cases where a provider has been clearly identified and agreed to act as an expert witness, not a treating professional, it would likely be a conflict of interest for them to become involved in any court proceedings.

Professional Fees

Our fees are consistent with other mental health providers in the area and vary by the licensure of the provider, length of the session and specific services rendered. If you have questions about specific services or charges please speak to our front desk personnel.

Payment is expected at the time of services unless prior arrangements have been made. If your provider is on the panel of your insurance company we will bill them directly. You should be aware that insurance companies require a mental health diagnosis and services must be determined to be medically necessary in order to be covered. You are responsible for your deductible and co-pay/coinsurance amounts at the time of service.

Unless you specify otherwise, you will receive an automated call or text (your designated preference) to confirm your appointment the day before. If for any reason you cannot keep your appointment, 24 hour prior notice of cancelation is required to avoid being billed for a no show or late cancelation. This fee is \$25.00 for counseling appointments and is not billable to insurance.

In the event your balance goes unpaid for more than 90 days this office retains the right to seek restitution through a collection agency or by filing a lien against you. Any fees or charges that arise from that action will be added to the unpaid balance. You will be notified in writing via billing statements prior to that action being taken.

By signing below you agree that you have read this form, have been given an opportunity to ask whatever questions you deem necessary, that you agree to the terms of service, and wish to begin treatment.

Name of Client

Date

Signature of Client (Parent or Guardian if minor)

Printed Name