



## Informed Consent

Welcome to Creekside Counseling. We are honored 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), LMSW (Licensed Master Social Worker), or LAMFT (Licensed Associate Marriage & Family Therapist), he/she is being supervised by another therapist who is a registered supervisor. Your provider may consult with their supervisor regarding clients' care and treatment; however, identifying information is kept confidential.

### Confidentiality

Your counseling sessions will be kept strictly confidential; however, there are a some legal and coordination of care 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. As per Idaho Code, if a minor child's records are requested by a parent
7. As per Idaho HB822, if a minor discloses intent to socially transition
8. 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 may occur on an as needed basis in order to plan, provide and coordinate your services.

Rest assured however, that otherwise your protected information will be kept confidential. If you are attending group counseling, each participant commits to maintain confidentiality. Creekside Counseling however, has no control or responsibility for anything revealed by a participant outside of session/group. There are times the staff at Creekside Counseling will discuss cases for the purpose of supervision and consultation. Identifying information will not be used in such consultation and your protected health information will be protected. For mutual privacy, if you recognize another client while in our office, please keep their identity confidential.

### Confidentiality and Technology

Due to privacy concerns, providers at Creekside generally do not communicate with clients via e-mail or text, nor do they interact with clients through social media. Some exceptions to this policy may be granted providing there are special release forms signed and in place.

### **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 addictive behavior, to name a few. Whatever the goals for counseling, they will be set by the client 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.

### **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 outside of sessions.

However, there are many benefits to counseling. Counseling can help you develop coping skills, 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.

