

## **Informed Consent, Confidentiality, and Policies**

My Path Unfolding, LLC / Kristen R. Weick MA, LMHC, NCC

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### **INFORMED CONSENT**

Individual counseling, group counseling, support groups, family counseling, and relationship counseling may provide benefits to those participating while simultaneously requiring people to take risks. Since therapy and groups often involve discussing unpleasant aspects of life, you may experience uncomfortable feelings or other sensations, which is a risk. On the other hand, there is strong evidence to support the benefits of counseling and/or being a group member. In addition, some people do not find counseling or being a group member to be helpful. There are no guarantees and each counseling and/or group experience is unique.

### **LIMITS TO CONFIDENTIALITY**

To provide the most comprehensive counseling within my scope of practice, I may consult with other professionals regarding a client's case. The client's identity will remain anonymous in these consultations. The content of therapy sessions and/or group sessions are considered to be confidential, except in situations that are legally mandated and are listed here. If any of these items is discussed, I must take necessary actions, which may include, but is not limited to, contacting a person you trust who may be able to help (as listed on a "Release of Information" form), contacting police, the Florida Abuse Hotline, seeking hospitalization, contacting a person to whom harm is threatened, or releasing information to a judge. If any of these situations should arise, I will make every effort to discuss it with you before taking action:

- 1) If you threaten to kill or harm yourself.
- 2) If you threaten to kill or harm another person.
- 3) If you discuss abuse or neglect a minor person, elderly person, or person with a disability.
- 4) In response to a judge's court order for release of information.

### **POLICIES**

#### **Appointment Scheduling, Cancellation, and Fees**

The client may schedule individual and/or family/relationship counseling appointments at any time the counselor has available, up to 30 minutes before a possible appointment start time. The full session fee will be charged to the client if an appointment is either cancelled or missed with less than 24 hours notice. Payment will be due within 48 hours of the cancelled or missed appointment. Full payment is due during the hour that the counseling service is provided. I am unable to accept any insurance at this time, but checks may be made out to "Kristen R. Weick," cash is accepted, and major credit cards via PayPal card reader and website are accepted. If payment is not received at the time of service or within 48 hours of a cancelled or missed appointment, the counselor may charge additional fees for lateness, and if an agreement for payment cannot be reached, the counselor will use legal recourse to receive payment. The counselor would prefer not to have to go to these lengths, so every effort will be made to come to an agreement before legal recourse.

\_\_\_\_\_ is the amount charged to the client per individual session (1 person, 50 minutes).

\_\_\_\_\_ is the amount charged to the client group per relationship and/or family session (2+ people, 50 minutes).

\_\_\_\_\_ is the amount charged to each client per group counseling session (3+ people, \_\_\_\_\_ minutes).

### Contacting the Counselor

The counselor is easiest to reach via phone or e-mail (listed at the top of Page 1). The counselor will often not be able to answer the phone when it rings, but please leave a message and she will respond within 48 business hours (unless the counselor has let clients know she will be completely unavailable for a time). The counselor recognizes that some urgent situations require attention before our next appointment. On these occasional situations, the counselor may speak with the client over the phone for up to ten minutes. If the phone consultation continues for over ten minutes, the counselor will bill the client for one 50-minute session. Please be aware that there is no completely confidential way to speak with the counselor, besides in person. Due to this fact, the counselor highly recommends that clients consider limiting private information that is shared with the counselor via electronic methods (phone, e-mail, etc.). The counselor will do the same in electronic communications. In emergency situations, the counselor cannot guarantee that she will be able to respond. **In an emergency, you must call 9-1-1** or get to a hospital emergency room immediately. Other urgent situation resources include:

- 1) United Way's Crisis Hotline: 2-1-1
- 2) Harbor House of Central Florida's 24-hour Crisis Hotline: 407-886-2856
- 3) National Suicide Prevention Hotline: 800-273-8255
- 4) The Trevor Project Hotline: 866-488-7386
- 5) AIDS Hotline of Florida: 800-352-2437 / Spanish: 800-545-7432
- 6) Trans Lifeline: 877-565-8860 (Crisis hotline staffed only by trans people)
- 7) Crisis Text Line: Text "GO" to 741741
- 8) National Domestic Violence Hotline: 800-799-7233

### CONSENT TO COUNSELING AND/OR GROUP PARTICIPATION

Kristen R. Weick, MA, LMHC, NCC has explained the content of this document to me thoroughly and I have read it and understand it. I understand the limits to confidentiality as required by law. I have been provided with a copy of this document and I consent to undertake counseling and/group facilitation by Kristen R. Weick, MA, LMHC, NCC / My Path Unfolding, LLC.

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Print Full Legal Client or Guardian Name

Client or Guardian Signature

Date

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Minor's Printed Legal Name (If Guardian Signed Above)