

C O N F I D E N T I A L I T Y & I N F O R M E D C O N S E N T

PLEASE READ CAREFULLY!

B E N E F I T S O F C O U N S E L I N G

Counseling can have many benefits. It can help you learn to communicate better in your relationships, feel more connected to the important people in your life, create a sense of hope and direction in your life, relieve feelings of frustration, depression, or anxiety. It can help give you the tools to change your thinking, behavior and feelings to create positive outcomes in your life. BUT, it is YOU, who will determine the nature and amount of change you hope to make. The amount of effort that you put into this journey is equal to what you will get out of this journey.

R I S K S

In counseling, sometimes major life decisions are made, including decisions involving separation with families, development of other types of relationships, changing employment settings, and changing lifestyles. The decisions are a legitimate outcome of the counseling experience as a result of an individual's calling into question many of their beliefs & values. Furthermore, symptoms may be intensified and the emotional experience may be too intense to deal with at times. However, I will be available to discuss any of your issues or possible negative side effects in our work together. You can always send me a message through Facebook at any time and I will get back to you as soon as I can.

R E C O R D S

I am required by law to keep records of each time we meet or chat. These records include brief notes on our conversations and any observations or plans for the next meeting, goals, etc. A judge can subpoena your records for a variety of reasons, and if this happens, I will fight against releasing any of your records, and will try and "squash" the subpoena. However, in some situations that fails and I must comply.

C O N F I D E N T I A L I T Y

With very few exceptions, the information discussed during your consults and all documentation (written or any other medium) is kept private, and confidential. Some very important exceptions to this rule are: If there is a court order; If I learn that there exists a serious threat to any person, including yourself. If there is evidence or suspected child, dependent adult, or elder abuse.

T I M E

Consults are available in varying lengths of time from 15 minutes to an hour and longer consults can be scheduled if we agree that it can be helpful. The two Consults included in the July "Learning to Love Myself" Challenge are 30 minutes in length, however the first consult

usually lasts a bit longer since we are getting to know each other for the most part in the first consult. If you would like to schedule more than the two consults included, you can purchase them separately from your initial payment of \$14.99. You can purchase one consult at a time or purchase by the month to save money. I am offering a special deal for those of you already signed up for the challenge however. You can purchase six one hour consults (lasting through the month of August) for \$120 OR purchase four, one hour consults for \$79.99. My personal opinion is that consistent counseling produces better results, which is why I priced these package deals the way that I did. It provides you with more one-on-one time for less money.

METHODS OF CONTACT

On occasion, you may have the need to contact me in between our one - on - one consults. For your convenience you can contact me through email, Facebook messenger (Private chat feature) or through my personal number 334-245-8949 in which case, Will have some limitations to hours I will be available to respond. (*To add on unlimited text messaging to your package, you can pay an additional \$49.99 per month)

ENDING OUR WORK TOGETHER

Your participation in this challenge is voluntary and you have the right to end it whenever you want. However, if you decide to exercise this option, I encourage you to talk with me about the reason for your decision in a consult together. I ask that you allow for one final session for us to have an ending together, to review what we've done and to offer feedback to each other. Likewise, at my discretion, I reserve the right to end our work together and provide you with the appropriate referrals, for reason including, but not limited to, failure to participate in consults, conflicts of interest, untimely payment of fees, or my belief that I may not be the best person for your needs.

S I G N A T U R E P A G E

I N F O R M E D C O N S E N T F O R M

I _____ have read, understand and agree to the information and policies described in the Informed Consent Form.

I have read, understand and agree to the cancellation policy.
I understand that if I miss a scheduled session and are unresponsive to my 1st attempt in rescheduling, you will not receive a refund.

Print Name

Date: _____

Signature

Date: _____