

Janai Bryan, LCSW-S

Licensed Clinical Social Worker License # 57155
650-454-6538

Name _____

Name _____

CONSENT FOR COUNSELING/COACHING

Welcome in taking the first steps towards change. It is important to me to co-create a working relationship with you that can make the adjustments you want and need to make for your life and relationships more fulfilling. This information is provided to help you give your informed consent for counseling. Depending on your needs, I use both coaching and counseling techniques.

Counseling/Coaching:

By its very nature counseling calls for change. If you don't change, you simply keep creating what you already have. When people come to counseling, some come because they are ready to improve some area of their life or relationship and want to work with a knowledgeable, trusted and more objective professional to explore the issues and options for change to create more of the life, marriage, or relationship they most want. Other people start counseling because something has happened in their life that has forced them to make changes in some way. They may want help finding their way through the challenges. Others need to grieve what was lost. Some want to re-evaluate their lives and look at alternative goals and directions. Some people come to counseling because they are dragged or pushed by someone else to do so. For whatever reason you come, I will offer you the best assistance that I can -- not in ways that make you dependent on therapy, but ways that will empower you to make the changes you want now and in the future. It is not giving you pat answers, although I may have information that is very useful for you. Counseling helps you find within you, the choices, behaviors, directions that have integrity for you and then explores steps and tools to help you achieve them. No therapist can do YOUR part of the work. If you are coming for marriage or relationship counseling, it is important for you to take responsibility for doing your own work, whether or not your partner does his or hers.

There can never be any guarantee in counseling for a specific result. I am committed to doing my part, but to be successful, you have to stretch into new behaviors. It will require conscious, consistent effort on your part, changing comfortable habits and patterns of protecting yourself. That is not always easy or comfortable or 'natural'. You may take 2 steps forward and one back. You may experience discomfort, anxiety, emotional pain, frustration, and embarrassment. You will need to make the commitment to persevere and continue taking steps to move forward.

I will sometimes give you activities to do in-between sessions and it is important that you make time to do them. If I think I am working harder on your goals or your marriage/relationship than you are, we will discuss it and look at possible ways to move forward. However, if it continues, we may end the counseling until you are ready or able to commit to doing the work.

I am committed to the work I do and the rate of progress depends on factors beyond my control, including, but not limited to, your effort, events that happen in your life, your ability to attend regular sessions, etc.

Ending the Helping Relationship:

You are free to stop counseling at any time. If you or I believe that progress is not being made, either of us may talk about ending counseling and possible alternatives. I encourage you to let me know about your desire to end counseling (for any reason) so that we can summarize some of what has happened in your work with me, suggestions for the future and then look at possible resources and alternatives for you, whether that involves working on your own, or with a different professional, model of therapy, group, etc.

Confidentiality:

What you talk about in counseling is confidential and under normal circumstances will not be revealed to anyone without your written consent. See my **Notice of Privacy Practices** for more information. However, by state law, there are certain exceptions that you should be aware of and are listed below.

- 1) If you threaten to harm or kill yourself or another person, I am legally and ethically required to take action to protect the safety of the threatened person. Possible actions could include informed the intended victim, arranging for your hospitalization, notifying family or support system or alerting law enforcement.
- 2) If I know or suspect abuse or neglect of a child, an elder person or a disabled person, I am required to report my concerns to the Department of Family and Protective Services.
- 3) If I am ordered by a court order to testify or share records, I must do so. (This is different from a subpoena from an attorney requesting your records or information. I reply that I cannot comply without consent or order.)
- 4) If you name me in a lawsuit, the law states that I can, and sometimes am obligated to reveal information that would otherwise be confidential.

****If you have read & understand confidentiality, PLEASE INITIAL HERE***

_____/_____

I also expect YOU to keep confidential what your spouse, partner, or other person attending counseling with you reveals during our sessions, unless you have their specific consent to share it. If you tell others what the person says in counseling without their clear permission, it becomes unsafe, and disrespects their boundaries. Continued sharing of information revealed in counseling by a partner without their consent can lead to termination of therapy.

Other Legal Proceedings:

Your work with me is not intended for use in any legal proceedings that you may be involved in with others, or with your spouse or partner. You agree through this consent to not subpoena Janai Bryan to testify against either party or to provide records in court actions (these include divorce and child custody proceedings).

Emergencies/Crisis/Availability:

When you have difficulty, try using tools and information you have learned. If you need immediate help in a crisis or emergency situation after hours, weekends or when you cannot reach me soon enough during regular work hours and feel in crisis contact:

- **911, OR**
- **National Suicide Prevention – 1-800-273-8255 or**
- **Travis County Crisis – 512-472-4357**

I do have a confidential voice mail system that allows you to leave a message or text at anytime and will make every effort to return the message within 24- hours. I am unable to provide 24 Hour crisis service so please contact the above numbers when in crisis.

Occasionally an email does not come through; so if you do not hear from me within 1-2 working days, please re-send. My office number is 650-454-6538. If I am returning calls during regular hours, it is usually between clients and therefore I need keep it short. I am happy to answer questions, but if you need to discuss something in depth, it is best to schedule an appointment or try e-mail. My e-mail is not encrypted. You need to take precautions to keep your own e-mail confidential. See **Notice of Privacy Practices** for further information. Whether text, email or v-mail I will do my best to respond within 1-2 business days.

****If you have read & understand who to call in a crisis, INITIAL HERE _____ / _____***

Appointments and Cancellations:

Appointments run 50 minutes unless previously scheduled for a longer time. The session is your time, so if you need to come in late, we will meet for the rest of the scheduled time. Please just text or call when a circumstance arises when you know you are going to be late.

Cancellations need to occur **at least 24 hours in advance. Otherwise, you will be billed for the session. There is grace** given for first time appointments missed and in times when illness or unforeseen life circumstances arise. I value both our time and resources.

****If you have read & understand the cancellation policy, INITIAL HERE _____ / _____***

Standard Fees:

I am a Licensed Clinical Social Worker, Supervisor and EMDR trained therapist. My fees are as follows”

\$165 for 50 minute session.

I value our time together and so if your financial situation changes during our time together, please invite me into that process and we can discuss the best new agreed upon cost per session.

Phone Consultation Costs

Telephone consultation fees are charged on a prorated basis in 15-minute increments.

Fees for Requests for Client Records

You have the right to review or receive a summary of your records at any time, except in limited legal circumstances or situations when such release might be harmful to you or others. All requests for records must be made in writing. Fees for the copying of records provided will be charged at a minimum of \$0.40 per page for each page. We are required by law to provide records to you within fifteen (15) days of receiving a written request in non-emergency situations.

Fees for Depositions and Court Testimony

I prefer to remain uninvolved in clients legal matters, as it often compromises the therapeutic relationship and necessitates referring you, the client, to a new therapist. Fees for depositions and court testimony; including preparation time, point to point travel time, and actual time on location to attend a hearing, give a deposition or testify, as well as the costs of complying with a subpoena for records or testimony regardless of which party issued the subpoena will be billed at the rate of per hour. By your signature below, you agree to pay the rate of per hour for my time, and you agree to pay the itemized charges upon receipt of an invoice.

PAYMENT AND INSURANCE

Payment is due upon arrival for your session unless other arrangements have been made in advance.

I am considered Out of Network for all insurance and do not file insurance claims for clients. Clients should call their own insurance company to see if they will pay reimbursement for out of network psychotherapy and what the procedure is for the client to file. Your health insurance carrier may require the disclosure of confidential information in order to process your claims. Only information required for billing and authorization will be disclosed. This does, however, require disclosure of diagnostic codes and procedure codes. I will provide the client with these necessary codes to assist them in filing insurance claims. Clients pay in full and they receive a Statement of Services that includes all necessary information so that they can submit to their insurance company for reimbursement. I cannot guarantee insurance reimbursement and it is the responsibility of the client to call their insurance company prior to future counseling appointments.

****If you have read & understand the Fees and Payment, INITIAL HERE _____ /***

POLICY ON SOCIAL NETWORKING AND ELECTRONIC COMMUNICATIONS

I am committed to following state and federal confidentiality guidelines for protection of the privacy of client sessions and records. To provide for protection of your privacy, a confidential voice mailbox is available for leaving messages. Should you choose to send an email, I cannot provide or guarantee the protection of the information in an email or text. By signing below, you are acknowledging that you have been informed that if you choose to send an email or text, I cannot guarantee the protection of the information.

I will not engage in social networking with clients on any social networking platform such as: Facebook, LinkedIn, Instagram, Twitter or any other social networking site. Please do not send friend requests or otherwise communicate with me through any interactive or social networking websites.

Consent for Counseling and Coaching:

I have read, understood, and agree to the terms of this consent. (If you have any questions, please ask before you sign). By signing, I voluntarily agree to participate in counseling and coaching.

If you are coming to me for any type of relationship counseling, the signatures of both participants are required.

Date: _____

Client Name(s) : _____

Signature(s): _____