

## Informed Consent/ Professional Disclosure Statement for Adults

This document is designed to provide information concerning the therapist's competency, philosophy, and chosen techniques and to ensure that you understand the professional relationship between therapist and client.

### **Professional Education**

I have successfully earned my Masters in Counseling degree from Sam Houston State University; a program accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and hold a license from Texas State Board of Examiners of Professional Counselors to practice. I continue to receive advanced training and consultation in trauma, eating disorders, domestic violence, grief, self injurious behaviors, to name a few. My specialty and passion is working with children, adolescents and young adults. I have been practicing for about 11 years in public and private school settings, domestic violence and pregnancy centers and Christian non- profit offices.

### **Competency**

I believe that clients have an innate ability to resolve their own problems given unconditional positive regard, genuineness, and a nonjudgmental safe space to do so. Therapy is a process of understanding your emotions, thoughts and behavioral patterns through exploration of your Family Origin, relationships, experiences and core belief systems. In my relationship with you, I hope to be a catalyst in your ability to become more self aware and to build confidence in your inner knowing of who you are and what you want for your life. Life is diverse and complex and so are we. There is rarely a quick fix remedy for what life throws at us. We are multifaceted, multi-layered humans that need to feel validated and to feel we make a difference in this world. There are many parts of ourselves, that stay hidden or masked which do not heal because it is in the dark... or the shadow. Understanding these unseen sides of ourselves for who we truly are and love that part too is very healing. Shaming ourselves or denying parts of ourselves fragments us as human beings which often leads to unsatisfying existences. Going through effective therapy enables you to feel and be more alive in what you do, feel, and say. In order to find balance and harmony, your mind, body and spirit need to be aligned or congruent.

### **Modalities/ Techniques**

When working with adults, I pull from a myriad of theories of healing: Experiential, Humanistic/ Relational/ Rogerian, Cognitive- Behavioral, Expressive, Reality- Based, Family Systems, Adlerian... to name a few. Once trust and rapport is established, deeper work can ensue based on your comfortability. I often do assign homework. It is important to do work outside of session because our time together is limited and most of the work is done after you leave the office.

Your role as the client needs to be active and dedicated to the process- you will get out of it what you put into it. This is your process, not the therapist's and you need to own it. When the therapist is working harder than the client, there is something unbalanced and there will be gentle challenges placed in the session. It is important to understand that there are no promises made as to results or specific outcomes to treatment.

### **Professional Relationship and our Roles**

While our sessions may be intimate psychologically, it is important for you to understand that we have a strictly professional relationship at all times. Our contact, other than chance meetings, will be limited to appointments you arrange with me. I will not be able to attend any social gatherings, accept gifts, or relate in any other way than in the professional context of our counseling sessions. If we meet by chance in public, I will not approach you so that confidentiality is upheld. If you choose to approach me, that will be your choice. You have to be treated with dignity, respect without discrimination, abuse, neglect or exploitation. You can have input to your treatment... this is a collaborative approach. You may refuse treatment and receive explanation of the potential consequences of doing so. As the client, I will need you to communicate openly and honestly with me. Ask questions and clarify what you do not understand and report any significant changes that impact your treatment. Treatment records remain confidential and will be released only with your written consent unless required by law.

### **Confidentiality**

I will keep confidential the things you tell me with the following expectations: (a) you direct me to tell someone else, and I agree to do so; (b) I decide that you are a danger to yourself or to others; (c) I am ordered by a court to disclose information; (d) you disclose abuse of a child, disabled person, or an elderly person; (e) you disclose that a previous therapist sexually exploited you, (f) other reasons as specified in laws of this state. Confidentiality also does not extend to criminal proceedings or to legitimate subpoenas in a civil proceeding. I will maintain a written record of our counseling sessions.

### **Consultation and Supervision**

As part of being an ethical therapist, consultation from other professionals at times may be necessary. I am committed to my growth and will periodically seek feedback from other professional therapists. There is a limited amount of identifying information that could be disclosed during these consultations which is bound by our confidentiality agreement. At other times, it may be necessary to discuss your situation with other professionals you see... (psychiatrists, dieticians, doctors, family members, teachers). In this situation, I will ask you to sign a release of information clarifying the information to be discussed.

### **Fees for Services**

My current fee is \$125.00 for the 50-60 minute session with the exception of the initial intake which is set at \$200.00. Couples or Family Sessions cost \$150.00 per one hour session. It is my intention to render my services in a professional manner consistent with accepted standards of practice. Payment is to be paid prior to the session beginning each week- I accept cash, checks

and flexible spending account cards (FSA). There is a \$5 fee for using credit cards and \$8 fee if I have to manually input credit card number. This is a self-pay practice, so if you need to submit for insurance, that will have to be done on your end and I'll be happy to give you a receipt for services. Please be mindful of our starting time-- if you arrive late, we will still end session on time. I do not charge for the occasional phone conversations that are under 10 minutes. If you have a need to call me prior to our next session to have an in-depth conversation, I do charge for phone consultation at a rate of \$40 which will be added to your next session's bill. If a check you write to me bounces, you will also be charged a \$35 fee on top of the session fee. Additionally, I do not conduct therapy by email or text messages.

### **Cancellation Policy**

When beginning a therapeutic relationship, it is best to have a consistent time each week that we agree on. This builds routine and expectation and helps the session become part of the natural flow of your week. Once a time has been established, this time will be protected for you each week. If there is a need to cancel your appointment, I will need 24 hours notice from you. If you call on the day of the appointment, you will be charged for that session. I understand from time to time, an emergency happens...we can visit that situation if it happens on a case by case situation. If you decide to discontinue sessions for any reason, I do ask that you allow one last session with my knowledge of this, so we can close the relationship properly and say goodbye to each other. The best way to reach me is by calling my office phone (281-961-0613) and leave a message. I will return your call within 24 hours. If it is an emergency, please call 911.

I hereby give consent to receive counseling services, authorize treatment and acknowledge I have received a copy of the Professional Disclosure Statement for Heartwood Counseling.

\_\_\_\_\_  
Heartwood Counseling  
Peggy C. Mahan, MA, LPC  
Date \_\_\_\_\_

\_\_\_\_\_  
Client's Signature  
Date \_\_\_\_\_

If you have any complaints about my services rendered, please openly discuss them with me. This process can enhance our therapeutic relationship and can increase your progress.

If you have a formal complaint that goes unresolved, please contact:

Texas State Board of Examiners of Professional Counselors  
Complaints Management and Investigative Section  
P.O. Box 141369, Austin, TX 78714-1369  
(512) 834- 6658