

Information on Counseling Services Provided by Julie David, LPC

Who I Am

Julie David is a faith-based counselor in private practice. As a client, you will receive counseling based on Christian principles from a Christian counselor who integrates psychotherapy with a solid biblical foundation. This means that your counselor holds to a biblical worldview and will operate from this standpoint. Because of this, Scripture will be routinely utilized within therapy.

The type and extent of services that you will receive will be determined following an initial assessment and thorough discussion with your counselor. The goal of the assessment process is to determine the best course of treatment for you.

Your counselor has a master's degree in Marriage and Family Counseling, and is licensed by the Texas State Board of Examiners of Professional Counselors (lic. #67049).

Confidentiality

All information shared with your counselor is confidential and no information will be released without your consent. This includes the use of audio and videotapes, confidential client records, and confirmation of your receipt of services. During the course of treatment, it may be necessary for your therapist to communicate with other providers. This is considered standard within the mental health field and is solely for the purpose of offering you the best therapeutic outcome. You may ask for your information to be withheld at any time with a written request.

If you approach therapy as a member of a couple or family, please do not relay to the counselor anything in private that you do not want revealed to the other part(y/ies).

Records are routinely erased/destroyed following state mandated guidelines.

Email and text communications are not encrypted. The client assumes all risk by requesting to receive and respond to any communication via these mediums. Should your counselor choose to communicate with you via text message, we ask that content only address scheduling issues and not important information in order to protect you as the client.

There are specific and limited exceptions to this confidentiality, which include the following:

- When there is risk of imminent danger to you or to another person, your counselor is ethically bound to take necessary steps to prevent such danger.
- When there is suspicion/report that a child, mentally handicapped person, or elder is being sexually or physically abused or neglected or is at risk of such abuse, your counselor is legally required to take steps to protect the individual, and to inform the proper authorities.
- When a valid court order is issued, your counselor is bound by law to comply with such requests.

Risks and Benefits of Counseling

While counseling may provide significant benefits, it may also pose risks. It is not possible to predict the outcome for each individual, nor can results be guaranteed. Therapy may elicit uncomfortable thoughts and feelings, or may lead to the recall of

troubling memories. Sometimes you may feel worse before you begin to feel better; this is perfectly normal. As you talk about your thoughts, feelings, and experiences, we will work together as partners to gain the understanding and insight necessary for change to come about. Any goals for counseling and/or decisions you make to facilitate change are ultimately up to you. Therefore, the effectiveness of therapy relies on your total commitment to the therapeutic process.

You may end the counseling relationship at any time without any additional moral, legal, or financial obligation. However, we do request that you participate in a final session before solidifying the decision to leave therapy. Should you choose to prematurely terminate the counseling relationship referrals can be provided at your request to help develop a support system.

Service Policy

Counseling sessions are typically conducted weekly for 50 minutes. When cancellation of a session is unavoidable, it is important for you to notify your counselor at least 24 hours in advance by phone or email. Consistently missed appointments without warrant or failure to participate in the counseling process may result in termination of the counseling relationship or additional fees posted to your account.

Appointments can be made by contacting Wood Christian Counseling Monday through Friday from 8am-5pm. Calls made before or after that time will be returned the following business day. In the event of an emergency, please call 911 first or go to the nearest hospital emergency room. You may then leave a message for your counselor (dial the main number) citing the emergency and your call will be returned when you counselor is in the office. Your counselor is not always immediately available by phone and may not be available in the late evenings. If your counselor is out-of-town, she will provide you with alternate sources of help.

Please keep in mind that the relationship with your counselor is a professional, not social, one. Intentional contact will be limited to counseling sessions arranged between you and your counselor. Due to ethical guidelines, please do not invite your counselor to social gatherings, offer gifts, invite her to connect on social networking sites, ask her to write references for you, or ask her to relate to you in any way other than the professional context of counseling sessions. After counseling is complete, your counselor is not permitted to engage in any of the above interactions or dual relationships. Your services will be rendered in a professional manner consistent with accepted ethical standards.

Your counselor is fully committed to providing the highest standard of care, ascribed by the Texas LPC Code of Ethics, American Association of Christian Counselors Code of Ethics, and the highest calling of Jesus Christ (Col 3:23). If at any time you are dissatisfied with your services, please let your counselor know. You have the right to discontinue therapy with your counselor at any time, and referrals can be provided if desired. You also have the right to address any complaints against licensed professional counselors to the Texas State Board of Examiners of Professional Counselors, 1100 West 49th Street, Austin, Texas 78756, 1-800-942-5540.

Legal Issues

If your counselor is compelled to appear or testify on your behalf, either in a deposition or in court, you agree to pay your counselor for her time out of the office. The

associated cost is \$150 for up to 60 minutes of the counselor's time, with an additional \$150 charged for every hour (or partial hour) thereafter. Billable time will include the average drive time to and from the counseling office and the place of testimony. Your counselor also charges \$150 per hour to complete requested or subpoenaed documentation on your behalf.

Payment

Your counselor does not accept insurance claims for counseling services. Payment for services must be rendered at the conclusion of each session unless prior arrangements have been made. Fees are to be rendered to Julie David by cash, check, debit, Visa, or MasterCard. Use of your credit card will incur a \$2 additional fee. Delinquent accounts will be treated on a case-by-case basis at the discretion of your counselor and could result in the suspension of counseling until the account balance is paid. There will be a \$25 fee posted to your account for all returned checks. Late cancellations without warrant or no-shows will be assessed a fee of \$75.

If you have any questions regarding this consent form, or about the services offered by your counselor, please discuss them with your counselor prior to or during your initial session.

I have read and understand all of the above, and I consent to participate in the evaluation and treatment offered to me.

Client(s) Signature: _____ Date: _____

Printed Name(s): _____

Counselor Signature: _____ Date: _____

Last updated: 12/12/17

Cancellation Service Agreement

Late or missed appointments are a hindrance to the therapeutic process and inconsiderate of the time your counselor spent preparing for your session. A "late cancellation" is defined as a cancellation made on your appointment date or less than 24 hours before your scheduled appointment, whether by phone or email. Appointments canceled more than one day in advance will not incur a fee.

Clients who do not show for an appointment without notification or cancel within 24 hours of the scheduled appointment time will be charged the full session fee of \$75.

Your counselor understands that sometimes a cancellation is unavoidable and it is up to the discretion of your counselor to waive the fee. **Your appointment is not deemed canceled unless you receive confirmation from your counselor that your request to cancel was received.**

Repeatedly missed appointments could result in a termination of the counseling relationship.

I, _____, have read and agree to the above service policy.

Client(s) Signature: _____ Date: _____