



## INFORMED CONSENT FOR INDIVIDUAL COUNSELING SERVICES

### Deb Hollis, LMHC

Thank you for choosing to initiate counseling with Deb Hollis, LMHC at Crosspoint Counseling Center. We realize that starting counseling is a major decision and you may have many questions. This document is intended to inform you of our policies, state and federal laws and your rights. If you have other questions or concerns, please ask and we will try our best to give you all the information you need.

#### PROFESSIONAL INFORMATION

Deb graduated from St. Leo College with a Bachelor of Arts in Psychology, and a Master's of Science from Troy University in Counseling in Human Development. She then worked for nine and half years in Community Mental Health Center, then she was employed at the Emerald Coast children's Advocacy Center for the past 15 years. She worked with children and families with trauma issues such as: living in domestic violence environment, physical/sexual abuse, and severe neglect.

Deb participated as a co-presenter at the International Symposium on Child Abuse in 2017 and 2018. She is a veteran of the United States Air Force. She believes in meeting people where they are and walking them through issues as they journey toward healing and recovery.

Deb's primary counseling day/hours are Wednesdays from 1:00-4:00 pm and Fridays from 9:00-3:00.

#### COUNSELING APPROACH

Deb's counseling approach would be best described as humanistic meaning she concentrates on the individual's nature as oppose to stereotyping. Deb looks at the whole person and assists in growing their positive traits and internal coping skills. Clients are encouraged to exercise their own instincts, wisdom, and faith ultimately leading to self-fulfillment. Meeting the client where they are in development and growth, Deb will implement techniques from different theories and therapies. This creates an individualistic and personally catered treatment.

#### LENGTH OF THERAPY

The length of therapy is largely dependent on the presenting problems, negotiated goals of therapy, and the rate of improvement. However, most counseling courses will last through about six to eight weekly or bi-monthly sessions. As we near the completion of these six to eight sessions, we can re-examine therapeutic progress and extend the number of sessions if necessary. The counseling client relationship can be terminated if it is deemed ineffective or non-therapeutic. An appropriate referral will be given if the client desires to seek continued services.

#### CONFIDENTIALITY

The information exchanged in counseling sessions is confidential and will not be shared with other parties except in the following exceptions and only to the extent necessary:

1. When written authorization from the client, parent, or legal guardian has been attained.
2. When the client is seeking reimbursement from an insurance company or a third party, diagnosis, symptoms and treatment plans may be shared with these parties.

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3. When there is an apparent indication of eminent danger to self or others, or when there is an indication of past or present child or elder abuse, appropriate authorities will be notified.
4. When a court order requiring the release of relevant information is filed, only the applicable information and/or records will be supplied.
5. When the complexity of a case requires consultation with other professionals, or recorded sessions are used for teaching or supervision purposes, circumstantial information may be shared but the individual's identity will be protected.
6. When cell phone or e-mail communication is used, this information may be intercepted by third parties. Therefore, these means of communicating should be used restrictively.

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### FINANCIAL ISSUES

The fees for counseling sessions are based on a flat hourly rate of \$75.00 for self-paying individuals. All fees are due at the time of service. Please consult the administrative assistant at the front desk to discuss payment options. Crosspoint Counseling Center will collect an additional \$30 for each document that is requested on behalf of the client for other agencies. If subpoenaed *by a judge* for a court appearance as an expert witness for a client, there will be a flat fee of \$250 for time out of the office. Crosspoint Counseling Center maintains the right to terminate services until any outstanding debt is paid.

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### CANCELLATION POLICY

A credit card number will have to be held on file before an individual can schedule their own appointments. Missed appointments that are not cancelled with at least 24 hours of notice will be charged a \$50 non-cancellation fee. Crosspoint Counseling Center maintains the right to terminate services until any outstanding debt is paid.

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### HANDLING OF EMERGENCIES

In the case of life threatening emergencies, please dial 911 or go to the nearest emergency room. For less immediate emergencies, you can attempt to contact me at the main Crosspoint Counseling Center office number of 850-279-4576. If I am unavailable, leave a message and the administrative assistant will relay it to me as soon as possible. I will determine whether the situation requires immediate attention and return your call promptly or whether the issue would be better suited for a counseling session and will return your call during business hours to schedule an appointment.

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*Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.*

\_\_\_\_\_  
Client Name (Please Print)

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

\_\_\_\_\_  
Date