



Information and Expectations

What to expect in counseling with me?

Counseling can seem like a mysterious process, so I want you, as much as possible, to know what to expect. Some things you can expect are:

- I will, except in exceedingly rare circumstances, start our counseling sessions promptly at the time we are scheduled to meet, and promptly end the session fifty minutes later.
- In most cases, I will call you to see what is going on if you do not arrive for your appointment within about fifteen minutes of the start time.
- During the session, I will direct my undivided attention to you, except for very brief periods when I may be thinking about something you said.
- I place great emphasis on understanding your thoughts and feelings accurately.

You will probably find that unpleasant thoughts or feelings occur at times during or after counseling sessions. This is normal in counseling; I believe counseling often largely involves encountering and dealing with unpleasant things and unanswered questions. This can be distressing but may be short-lived and result in an overall improvement in life satisfaction.

The counseling relationship

The counseling relationship is unique and special. It is set up to provide you with a safe place to reveal and explore very intimate and private matters.

Populations I work with

I work individually with adults, and with couples, either married or unmarried. I also work with adolescents when the adolescent expresses a desire for the counseling. I usually do not work with children under 10 individually unless they are unusually motivated to receive counseling. I provide family counseling provided all participating family members freely consent to the family counseling. In general, I am strict regarding client consent: I will not provide counseling to individuals, whether child(S) Children or adults, who do not want to receive counseling.

Ethics:

I comply with the professional counseling ethics established by the American School Counseling Association (ASCA), and The Georgia Professional Standards Commission

Initial Visit Fees and Payment

Total time required is approximately 90 minutes which includes completing all forms and scheduling follow-up appointments please keep in mind. But when scheduling your appointment. Sessions are 45 minutes it will largely depend on the needs of the clients.

My fees for a 45-minute counseling session ranges from \$75 to \$125. I ask for the payment at the beginning of each session. I accept cash, checks and credit cards, via- PayPal. I will charge a \$35 fee for returned checks. I will bill you for any reports, letters, assessments, evaluations, telephone conversations (except for very brief ones), or any other types of professional activities that you are requesting the rate of \$50/hour.

If I am asked by you or your attorney to appear in court on your behalf, I will charge you \$145/hour for the following: court preparation, travel time to the court, time waiting at the court, time spent testifying, and travel time from the court. This service requires that you pay in advance a deposit to cover the anticipated expenses. Be aware that I am not an expert on child custody, disability, or Divorce matters, any other types of legal assessment. I will be able provide them to the courts.

Phone & Video Counseling Session Scheduling

I see clients for 45-minute sessions, weekdays only, in the mornings and afternoons. I have very limited evening hours. I am off major holidays. In many cases the best strategy is for you and I to formulate a schedule that will work for both of us.

Typical counseling frequency is once a week. I may agree to see you less frequently than weekly. If I believe you are in a crisis, I will recommend meeting more frequently than once a week. I will counsel clients who wants more than once a week when the client wants to work intensively in counseling.

Double sessions can be scheduled depending on availability 45-minute sessions.

Cancellations

You can cancel or reschedule appointments with me without financial penalty, provided given me 24 hours' notice. If you cancel or reschedule an appointment with in less than 24 hours' notice, or if you forget an appointment, I will charge you the full amount of the session (\$125 for a 45-minute session) to insure that you're not financially affected Please do so, in a timely manner of cancellation.

Confidentiality

An important right of yours, as my client is your confidentiality. I will not provide anyone with any information about you, verbally, in writing, or otherwise, without your written consent to do so. There are, however, some important exceptions to these rules. For example, I may disclose information about you, even without permission if You give me information indicating intention to do serious physical harm to yourself or another person, or you give me information about a child or elder abuse. In some cases, a judge orders me to provide information about you.

These are the main exceptions to the general rule of confidentiality; there may be others as well. In these situations, it is my policy to provide as little information as possible to insure a person's safety or comply with a judge's order. Please understand that it is my personal policy to protect your confidentiality unless I am legally bound to do so.

Contact

Phone and email. You are encouraged to contact me at any time.

You can call me by telephone (404) 438-3364) and if I am not available, I will return your voicemail messages within 24 hours. Please be advised that I will bill you for all but brief communications at my hourly rate. You can also contact me by email at simplycommunication1@gmail.com.

Please be aware that email is not a secure form of communication. Also, if we happen to see each other outside the counseling office, I will not acknowledge you unless you initiate the exchange. This is to protect your confidentiality. If you decide to greet me, I will of course respond, and keep the pleasantries brief. I am only trying to protect you and our counseling relationship.

Emergencies

If you are experiencing a crisis that is not life-threatening, please contact me right away, even if it is a holiday. You can request an emergency appointment with me either that day or the next day.

If you are experiencing a crisis that is life-threatening, for example, thoughts or urges of suicide, contact 911 or go to the nearest hospital emergency room. You may contact the Georgia crisis and access line by sending a **text to GA 741741 or 1-800-715-4225**. This service is available 24 hours/7 day a week.

By signing below, you agree that you have read this agreement and consent to its terms. I further acknowledge that I have had the opportunity to ask questions about the contract with my counselor. I understand that I am free to withdraw my consent and discontinue treatment at any time.

Client (parent / guardian) Signature _____ Date _____

Counselor Signature _____ Date _____