

## ***Disclosure Statement***

**Your Rights as a Client** The practice of both licensed and unlicensed persons in the field of psychotherapy is regulated by the State of Colorado. Any questions, concerns, or complaints regarding the practice of mental health may be directed to: Mental Health Grievance Board, 1560 Broadway, Suite 1340, Denver, Colorado 80202, (303) 894-7766. You are entitled to receive information about the methods and techniques of therapy I use, duration of therapy (if known), fee structure, and my degrees, credentials and licenses. You may seek a second opinion from another therapist or terminate therapy at any time. In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder.

**Confidentiality** All information provided to me by you in our professional relationship is confidential except in the following circumstances: (a) you sign a release of information for a specific individual or agency; (b) child or elder abuse; (c) you are in imminent danger to self or others; (d) subpoena of records in a criminal procedure; (e) I am required to report any suspected threat to national security. Additionally, I will consult with a treatment team of supervisors and interns in the Affordable Counseling Program at People House, Regis University and/or a medical backup. The purpose of consultation is to enhance my ability to help you, and these professionals are required to follow the same standards of confidentiality previously described.

**Education/Training/Credentials** I am a counseling student at Regis University, obtaining my Master's degree in Counseling Psychology. I have a Bachelor's in Psychology and Philosophy from Northern Illinois University, DeKalb, Illinois. At People House, I am under the supervision of Kristen Griego.

Video/audio recording item: Part of my graduation requirement involves reviewing a video or audio recording with my supervisor. If I ask your permission to record a session you always have the right to decline. If you choose to participate, I will give you advance notice and review a recording authorization with you.

**Theoretical Perspective** I work from a Humanist perspective that integrates multiple counseling theories to best meet your needs. I collaborate with you to understand the struggles you face and how you can make the changes you desire. My work may incorporate theory and techniques from Existential therapy, Gestalt therapy (experiential), Acceptance and Commitment Therapy (ACT), and Psychodynamic therapy. When working with couples, I draw from Emotionally Focused Therapy and the Gottman Method.

**Services, Fees and Payment** I offer individual and couples as well as periodic therapy groups. Fees for my services as a part of the Affordable Counseling Program at People House, are on a sliding scale of \$25-\$65, which will be determined at the first session. Payment is expected at the time of service and may be made with cash, check made payable to People House, or credit/debit card. We use a HIPAA compliant credit/debit card payment processing system. I will send you a text with the information on how to use the system. Your credit card information is entered into an encrypted system, People House does not have any access to your information. For more information on the privacy policy of Ivy Pay please visit their webpage <https://www.talktoivy.com/ivypay/privacy-policy>.

People House does not accept or work with insurance of any kind including Medicaid or Medicare. (NOTE: Please be aware that if you have Medicaid insurance, your eligibility could potentially be compromised by paying out of pocket to receive covered services. It is your responsibility to discuss this issue with your Medicaid provider.) My policy for written reports requested by insurance companies, physicians, etc. will also be charged at my hourly rate unless very brief. Scheduling availability is not guaranteed if you do not have a repeating time slot.

**Couple Counseling:** Sessions with couples will be charged at the same rate as individual counseling; however the sessions may be extended to 75-90 minutes and the fee will be pro-rated accordingly. Should I see any member of a couple in a private session I reserve the right to bring that information into the joint session if I feel it is necessary to treatment of the couple. Please note this is different than individuals in counseling and their privilege of confidentiality.

With couples counseling or family counseling, I have a no-secrets policy. The relationship or group itself is considered to be the client. Any information shared privately with me will not be withheld from the other members that comprise the couple or group. A request to share something confidential with me can be utilized in preparation for sharing this with all parties the following meeting.

**Cancellations** Since I have reserved your appointment time exclusively for you, it is my policy to receive at least a 24-hour cancellation notice or you will be charged for the appointment. I will negotiate exceptions for emergencies such as severe weather or sudden illness on an individual, per time basis.

**Location** Our sessions will be held either at the main People House location (3035 W. 25th Ave Denver, CO 80211), at People House East (13693 E. Iliff Ave. Suite 112, Aurora, CO 80014), or virtually. Please be aware that the office building in which PH East is located also houses a sex offender treatment program which has no connection to People House.

**Telephone Calls and Emergencies** I am available to return business calls between 9am and 7pm, Monday through Friday. If I am out of town, I will give you the name and phone number of the associate covering for me while I am gone. I do not provide 24 hour emergency coverage. If you have an emergency please call your local 24 hour crisis line, 1-844-493-8255 or call 911. There is no charge for brief phone calls. Calls lasting longer than 10 minutes will be charged on a pro-rated basis of my hourly fee.

**Communication** Understand that communication over text is not guaranteed to be confidential and does not fall under the confidentiality requirements of HIPAA. If you choose to communicate over text, you understand the risks that come with texting confidential information.

Please note- any pertinent correspondence, including (but not limited to) electronic communications via email, text messages and shared documents are a part of your medical record.

Reasons for Early Termination of Services

Our therapeutic relationship in the ACP will conclude when I graduate from the program 8/31/25. In general our therapy will progress regularly until then unless you decide you would like to take a break from or end therapy. That said, in certain instances, I or my supervisor may determine that it is necessary to terminate therapy. Reasons for this include:

- A determination is reached that our services, or my approach, is not a fit for your needs, and that you would be better served with a referral.
- Behavior occurs that is abusive, violent, or malicious.
- An attempt is made to manipulate our system by lying, mis-identifying or mis-representing your identity or status.
- It is determined that you have sufficient means to pay more than the top of our sliding scale.
- In such instances, I will inform you of the decision to terminate, and referrals will be provided to you. Should you want to discuss this further, I will provide you with the contact information for my supervisor, or for the Program Director.
- Recording therapy sessions is not allowed without permission from my mental health care provider.

Please note- Each client may have only one individual intern counselor at a time. Should you decide you would like to see a different intern for individual therapy please let me know so that we can close our work before you begin working with another intern. This same policy applies for each service provided (e.g. individual counseling, couples counseling, family counseling etc). While you may see different interns for different services, seeing multiple interns for the same service is considered a violation of our policy and will result in a termination of services.

**There are both risks and benefits inherent in therapy** Please ask me about these in relation to your specific case. There may be psychological side effects from counseling. This risk comes with any therapy. You may share painful things. Our goal is to confront these issues, and with time, we hope any negative side effects will lessen and our work together will benefit you. Additionally, there are no guarantees regarding the outcome of therapy.

**Litigation Limitation** Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential nature, it is agreed that should there be legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits, etc.), neither you (client) nor your attorney, nor anyone else acting on your behalf will call me to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested. In the situation where we (intern counselor and/or People House) are subpoenaed for any information in spite of this limitation, by reading and signing this disclosure, you agree to pay all costs incurred to People House at an hourly rate of \$250/hour. In addition, a subpoena often indicates that the therapeutic alliance between client and therapist has entered into a dual relationship. In such situations, we reserve the right to terminate therapy as our work may not continue to be supportive of the clients' process.

Agreement and Acceptance:

I have read and agree to the preceding information. I have also received and read the HIPAA Confidentiality Information Regarding Psychotherapy and Privacy Notification attachments. I understand my rights and responsibilities as a client and I have had an opportunity to ask questions.

Client Signature (parent or guardian for a minor)

Date

Client Signature (parent or guardian for a minor)

Date

\

Therapist Signature

Date

**Regulatory Requirements applicable to Mental Health Professionals:** A Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a master's degree in their profession and have two years of post-master's supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. A Licensed Social Worker must hold a master's degree in social work. A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelor's degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical master's degree and meet the CAC III requirements. A Registered Psychotherapist is registered with the State Board of Registered Psychotherapists, is not licensed or certified, and no degree, training or experience is required. The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. The Board of the Department of Regulatory Agencies (DORA) can be reached at 1560 Broadway, Ste. 1350, Denver, CO 80202, (303) 894-7800.