

## 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: Colorado Department of Regulatory Agencies (DORA) Mental Health Licensing Section 1560 Broadway, Suite 1350, Denver, CO 80202 Phone: (303) 894-7800 Website: [www.colorado.gov/dora](http://www.colorado.gov/dora)

You are entitled to receive information about the methods and techniques of therapy I use, the duration of therapy (if known), my 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: You sign a Release of Information for a specific individual or agency. There is reasonable suspicion of child abuse, elder abuse, or abuse of a vulnerable adult. You present an imminent danger to yourself or others. Records are subpoenaed in a criminal procedure. 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, Naropa 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.

### Retention of Records

Your records will be retained for seven (7) years from the date of your last session (or seven years after a minor client turns 18). After this period, records will be securely destroyed. You may request copies of your records in writing during the retention period.

### Education/Training/Credentials

I am a counseling student at University of Colorado Denver, obtaining my master's degree in Counseling. I have a Bachelors degree in Anthropology from Tufts University, where I also studied Communications. My years working as a personal fitness trainer and experience with Vipassana meditation have informed my work with somatic-based practice. Extensive training with the Enneagram, alongside several years of working with Dr. Pat B. Allen, PhD, ATR in the realm of expressive arts techniques for accessing spirituality have informed my spiritual and creativity-focused orientation. My supervisor at People House is Dee Marcotte, LPC, Certified Animal Assisted Psychotherapist, Certified Sex Addiction Therapist, and Approved Clinical Supervisor.

**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 systems-based, feminist, integrative perspective that draws on 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 narrative therapy, experiential modalities, existential, and acceptance and commitment therapy. When working with couples and families I draw from systems, transgenerational, and emotionally focused therapies.

I believe it is essential to understand the context of people's lives and the various systems that dictate the conditions you are navigating. I may ask about others who are important in your life, cultural influences, and how you are impacted by societal pressures and oppressions. Together we will work to make positive changes in your life, working in a holistic manner that addresses the mind, body, emotions, spirit, and social environment.

### Services, Fees, and Payment

I offer individual, couples, and family therapy, as well as periodic workshops and 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. Payment is expected at the time of service via cash, check, or credit/debit card through a HIPAA-compliant payment processing system. I will send you a text with 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 payment related information. For more information on the privacy policy of Ivy Pay please visit their webpage <https://www.talktoivv.com/ivypay/privacy-policy>.

As outlined in this section, my fee is \$25-\$65/session. I typically see clients 2-4 times per month. The monthly cost of treatment can be determined by multiplying your scheduled sessions by my fee. Due to a variety of factors, it is not possible to provide an exact prediction of length of treatment, though many clients receive ACP services through my graduation date of April 30, 2026. As we work together, additional services may be recommended. This estimate of your costs is only an estimate, and your actual charges may differ. You have the right to initiate the patient-provider dispute resolution process if the charges

you billed substantially exceed the expected charges in this estimate. This estimate of costs is not a contract and does not obligate you to obtain clinical services from me.

People House does not accept or work with insurance, including Medicaid or Medicare. If you have Medicaid, paying out of pocket may impact your eligibility for covered services. It is your responsibility to consult your Medicaid provider regarding this.

### Medicaid Acknowledgment

I am not a Medicaid provider. If you have Medicaid coverage that includes mental health services, I am not able to offer mental health services to you. By initialing below, you are confirming that you are not currently a Medicaid recipient and that you agree to notify me if that status changes.

Initials: \_\_\_\_

### Cancellations

Since I have reserved your appointment time exclusively for you, I require at least 24 hours' notice for cancellations. Late cancellations or no-shows will be charged the full session fee agreed upon at the start of treatment. Exceptions may be made for emergencies, such as sudden illness or severe weather.

Initials: \_\_\_\_

### Couple/Family Counseling

Sessions with couples/families 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 family member 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/family. 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.

### 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.

### Informed Consent for Telehealth

People House offers in-person and virtual therapy sessions. If you choose to participate in telehealth services, you will be required to review and sign a separate Informed Consent for Telehealth form. This form outlines the risks, benefits, and limitations of virtual sessions, as well as the requirement that clients must be physically located in Colorado during telehealth appointments.

### Emergency Contact Information

I am available to return business calls between **9 AM and 7 PM, Monday through Friday**. If I am out of town, I will provide you with an alternative contact. **I do not provide 24-hour emergency coverage.** If you have an emergency, please contact: **Colorado Crisis Services: 1-844-493-8255** or **Call 911** or visit your nearest emergency room.

### Communication & Electronic Correspondence

Please be aware that **text messages, emails, and other electronic communication are not fully secure or HIPAA-compliant**. If you choose to communicate electronically, you acknowledge the risks. Any email or text message relevant to your treatment may become part of your medical record.

### Dual Relationship Policy

I will not engage in **social, financial, or professional relationships with current clients**, including hiring clients for services or accepting significant gifts, as this could compromise professional boundaries. If any concerns arise, please discuss them with me directly.

### Reasons for Early Termination of Services

Our therapeutic relationship in the ACP will conclude when I graduate from the program **April 30th, 2025**. However, therapy may be terminated earlier if:

- It is determined that my services **are not a fit for your needs**, and an appropriate referral will be provided.
- You **violate People House's policies** or exhibit behavior that is abusive, violent, or manipulative.
- You **misrepresent your identity** or attempt to manipulate the sliding scale fee structure.

In addition you agree to work with only one ACP therapist for individual counseling at a time. This does not apply if you are seeing different ACP therapists for individual and family/couple counseling.

In all cases of termination, I will provide referrals as appropriate.

### Litigation Limitation

Due to the nature of therapy, it is agreed that should there be **legal proceedings** (e.g., divorce, custody disputes, lawsuits), **neither you (client) nor your attorney will call me to testify in court**. If I am subpoenaed despite this limitation, you agree to pay all costs incurred at **an hourly rate of \$250/hour**. In such cases, I reserve the right to terminate therapy, as legal involvement may compromise the therapeutic relationship.

### Acknowledgment & Agreement

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 have had an opportunity to ask questions.

**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Signature (if applicable):** \_\_\_\_\_

**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.