



TREASURE WELLNESS COUNSELING AND TRAINING CENTER
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INFORMED CONSENT AND PROCEDURES

ALYSSA PETERS, LCPC

INTRODUCTION

Welcome to Bluebird Counseling, LLC! Thank you for choosing me to assist you with your personal situation. This document contains important information regarding my professional services, business policies, your client rights, privacy, protection, and confidentiality. It also contains a summary of information about the Health Insurance Portability and Accountability Act (HIPAA), a federal law that provides privacy protections and patient rights about the use and disclosure of your Protected Health Information (PHI), for the purpose of treatment, payment, and health care operations. Please read the following document carefully and make sure to read Treasure Wellness Counseling and Training Center Informed Consent Part 2.

QUALIFICATIONS AND EDUCATION

I am a Licensed Clinical Professional Counselor (LCPC-8413) in the State of Idaho. I have a master's degree in Marriage and Family Counseling from Northwest Nazarene University. My education and experience have prepared me to counsel individuals, couples, groups, parents, families, children and adolescents.

SUPERVISION

Additional Supervision may be required due to professional and insurance requirements; if that becomes the case you will be notified within 30 days of that supervisory role beginning.

THEORETICAL FRAMEWORK

As a counselor, I primarily operate from Person-Centered Therapy and Gestalt Therapy approaches. Rather than viewing people as inherently flawed, with problematic behaviors and thoughts that require treatment, Person-centered Therapy identifies that each person has the capacity and desire for personal growth and change. In Person-centered Therapy, the therapist learns to recognize and trust human potential, providing clients with empathy and unconditional positive regard to help facilitate change. Gestalt Therapy is a form of psychotherapy that emphasizes personal responsibility, and that focuses upon the individual's experience in the present moment, the therapist-client relationship, the environment and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation.

I have integrated several theoretical approaches and techniques to assist individuals in meeting their personal counseling goals and needs. I am committed to give each client a safe place to be able to develop a trusting relationship and self-discovery.

BUSINESS RELATIONSHIP

Bluebird Counseling, LLC, is located within the group practice of Treasure Wellness Counseling and Training Center. Treasure Wellness Counseling and Training Center leases space to Bluebird Counseling, LLC, and maintains secure space for file retention, group space and offices. Bluebird Counseling, LLC is a self-contained counseling practice working to help individuals better their mental health and overall wellbeing. Any and all inquiries regarding the professional business relationship can be addressed to Bluebird Counseling, LLC.

**PLEASE CONTINUE TO TREASURE WELLNESS COUNSELING AND TRAINING CENTER INFORMED
CONSENT PART 2 – TAB 31**