



Client Counselor Agreement and Consent to Enter Counseling

Date: _____

Client name: _____

How were you referred to Eagle and Boise Counseling?

Welcome

Welcome, it takes courage to reach out for support and I look forward to supporting your healing journey. These forms contain information about Eagle and Boise Counseling business policies. It is important that you review the following information before beginning your first session. Please feel free to ask any questions you may have about these policies; your Eagle and Boise Counseling therapist will be happy to discuss them with you during your first session. There are various places where your signature is required; please sign all documents where your signature is required. It is important to fill out all the forms completely as well as all consent forms and email them to corinne@eagleandboisecounseling.com

Therapy Services – Risks and Benefits

The role of a therapist is to assist clients with issues regarding relationships, addictions, and issues such as depression, anxiety, grief, and other challenges that impact you emotionally. Counseling often involves discussing difficult aspects of your life. During our work together, you may experience uncomfortable feelings such as sadness, guilt, shame, anger, or frustration. As a result of what comes out of your therapeutic work and the decisions you make, important relationships may be impacted or may end; your journey in therapy may also lead to healthier relationships.

Counseling often helps an individual find solutions to problems with family and friends. It also can help with life challenges, a reduce feelings of distress, anxiety and depression. If you ever have any concerns about your therapy process, we encourage you to discuss this with your therapist during your sessions so that you can collaborate together as you move forward.

Confidentiality

Therapy is best experienced in an atmosphere of trust. Thus, all therapy services are strictly confidential and may not be revealed to anyone without your written permission. **There are exceptions to confidentiality where disclosure is required by law (see**



below). There may be occasions where your therapist may consult with adjunct therapists, supervising clinical therapist, or our biller who handles all your insurance claims. Any discussion would only be to best support your process. Should you request that your therapist speak with another professional or person (i.e. doctors, former therapists, teachers, family, friends or anyone else outside the therapy room), you must first provide your signed written consent in order to do so and only after your therapist determines if this is in the best interest of supporting your therapeutic process and progress.

Legal Exceptions to Confidentiality

The therapists and staff at Eagle and Boise Counseling take confidentiality very seriously. Your information is confidential, with the exception of information relating to child abuse, or suspected child abuse, child pornography, elder abuse, dependent adult abuse, or intent to harm self or others, or **unless mandated by a court of law**. Legally, therapists are mandated reporters of abuse or intent to harm another. If you are suicidal or homicidal, your therapist with Eagle and Boise Counseling will take all reasonable steps to prevent harm to you or another.

Legal exceptions to confidentiality are in place to protect your safety and the safety of others. This includes: when there is a reasonable **suspicion** of child abuse (physical, sexual, emotional, neglect), or adult dependent care abuse, elder abuse/neglect; and where a client threatens to harm or kill other(s) (homicide) or threatens to damage another person's property.

If you are homicidal and make a serious threat to hurt another person(s), your therapist will contact 911 and make every attempt to warn the intended victim or victims. Additionally, if a court issues an order to release records (for example a divorce hearing or custody hearing), your therapist must abide by the court order and may be compelled by court order to testify under oath and thus must answer all questions honestly.

Sobriety Policy

We ask that all individuals arrive to therapy sober and not under the influence of drugs and/or alcohol. If your therapist notices that you are intoxicated (such as slurred speech, rapid speech, smelling of alcohol, behavior that indicates intoxication with cocaine, prescription drug abuse, marijuana, or other substances) the therapy session will be immediately terminated. We will also assist you in finding a safe ride home (via friend, family member or taxi) as driving while under the influence constitutes a risk to others and is a reportable offense. Once you are safely home, your therapist will reschedule the therapy session where this occurrence will be processed. **You will be charged your full fee for the session if you arrive intoxicated.**

Court Fees



If you become involved in legal proceedings that require your therapist's mandated participation, you will be expected to pay for all of your therapist's professional time, including preparation and transportation time and costs, even if called to testify by another party. Because of the time involved and the interruption to my clinical work, you will be charged \$150 per hour for time out of practice, time for preparation, travel time, and attendance at any legal proceeding on your behalf that you will be responsible for. Court fees can be very expensive so please sign and date below to indicate that you understand your financial responsibility in covering these expenses should your therapist be mandated to go to court for a legal issue you are involved in. A therapist is not a court advocate or friend. A therapist must legally speak truthfully under oath.

Fees

The fee for therapy at Eagle and Boise Counseling are as follows:

Initial Session	\$125.00	80-minute session and intake process
Regular session	\$75.00	50-minute session
Extended Session	\$125.00	80-minute session
Teletherapy (Phone Session)	\$ 75.00	50-minute session

Please note, you will be asked to provide a credit card that the bookkeeper will run automatically after each session. If you have insurance, you will be billed for the session until the insurance begins to pay. Having the credit card on file is protected by the bookkeeper and eliminates the need to have bills sent out. Having this system in place also allows to keep the sessions at a lower rate than what most other therapist charge.

Sessions begin and end on time. If you are late to your session, please understand that the session will not extend past your session end time, nor will the time be made up at future sessions, as this will impact other clients. If your therapist finds that your session tends to run longer, she will discuss this in session in order to maintain healthy boundaries around starting and ending on time.

Therapy is an investment in self-care and is a process that takes time. You are asked to pay the full fee unless you are **facing serious financial hardship** in which case we can discuss a sliding scale fee before the start of your first session.

PLEASE NOTE: *Sliding scale fees are agreed upon per each client's financial consideration and prior to your first session. Disclosing client fees or discussing your fee with anyone is a breach of confidentiality.*

Session Payments

Therapy sessions are paid at the beginning of the session via cash, Visa, MasterCard or



debit card.

Insurance Payments

We accept most insurances. Until your insurance is verified and starts paying their portion, you are responsible for your full session fees. Co-pays will be accepted once your insurance begins paying.

Client Cancellation Procedures and Fees

Short-Notice Cancellation: Appointment cancellations made less than **24 hours** before the scheduled appointment will be charged the full agreed upon fee for the session.

No-Show: If you do not show up for a scheduled appointment (that you have not called to cancel) you will be charged the full fee for the session.

Explanation of Dual Relationships

While a therapeutic relationship can feel psychologically close, it is one that is professional in nature with important boundaries. It is unethical for a therapist to invite you into a business venture, ask you for personal favors, start a social relationship with you, etc. These examples are called, “dual relationships” and can negatively impact clinical boundaries. Although our sessions may be intimate psychologically, it is important to acknowledge that we have a strictly professional relationship. On the rare occasion that your therapist sees you outside of the office (when we may accidentally run into each other in public), your therapist will be highly discreet and will not approach or acknowledge you in order to maintain your confidentiality. She will do her best to follow your lead, and thus it is your choice to acknowledge the encounter and your therapist. If you do not choose to acknowledge the encounter, your therapist will respect this and will follow your lead.

Policy Regarding Internet, Professional, and/or Social Networking Sites

On the topic of Social Media and Internet Sites, our primary concern is your privacy.

Eagle and Boise Counseling along with your therapist will not accept friend or connection requests from you and will not follow you or friend you on social media. Eagle and Boise Counseling along with your therapist will not communicate with you on social media sites. If you choose to follow Eagle and Boise Counseling’s Facebook business page or Twitter stream, please note that Eagle and Boise Counseling along with your therapist will not follow you back. We believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If there are things from your online life that you wish to share with your therapist, please bring them into your sessions where we can view and explore them together, during the therapy hour.



Thank you for taking the time to review the Eagle and Boise Counseling Social Media Policy. If you have questions or concerns about any of these policies and procedures or regarding our potential interactions on the Internet, do bring them to your therapist's attention so that we can discuss them.

Physical Contact

Sexual contact is never acceptable in the therapeutic relationship. Romantic or sexual talk, flirting, or sexual innuendos and sexual jokes are also unacceptable in the therapeutic relationship. If you should express a sexual comment or joke while in session directed to your therapist, we will explore this comment professionally and in a non-shaming way within a therapeutic non-sexual relationship.

Illness Policy

When a private practice therapist is consistently exposed to cold and flu viruses in the office and becomes ill as a result, the office closes down, sessions are cancelled, and everyone suffers. In order to maintain good health and create a safe and relatively germ-free environment so that Eagle and Boise Counseling can support all of our clients, we ask that clients who are experiencing any stage of illnesses to respect safety boundaries and to conduct their sessions via phone until they are recovered completely and are not experiencing any signs of illness, fever, rash or cough or contagious symptoms at any stage.

Please review the following illness agreement and initial:

If I am ill with a head cold, flu, lice, virus, chicken pox, pink eye, scabies, or any other potentially contagious illness at any stage no matter how mild that would potentially expose my therapist or others in the therapy office, I agree to alert my therapist, and either reschedule my session by the **24-hour cancellation time period**, or agree to conduct my individual therapy session via phone if I am ill, feel as if I am becoming ill, or am at the end of a flu virus.

I understand that my therapist may, on the rare occasion, ask that my session be conducted via phone if she is ill or recovering from a contagious flu virus.

I understand that my fee will apply to all sessions that are not cancelled by 24 hours prior to my scheduled session. On the rare occasion that an emergency or grave illness occurs that does not allow me to give 24 hours' notice, special consideration will be extended. Otherwise the session will be conducted via phone and the fee will stand.

Referrals of Friends, Family, Co-workers



The greatest compliment a therapist can receive are referrals from current or former clients. There are times when clients wish to introduce their therapist, so they can make a recommendation as a referral, which is ethical and acceptable. Please understand that your confidentiality is extremely important to Eagle and Boise Counseling. If another client that we see referred you to us, or if you refer a friend, co-worker or family member to Eagle and Boise Counseling, legally and ethically your therapist is not able to acknowledge that other person's attendance to you if they should begin seeing us in therapy or if they are currently in therapy with us.

If you choose to share that your Eagle and Boise Counseling therapist is also your therapist with the person who referred you or with someone you refer, that is a decision that you must make if you choose to reveal you are in therapy with Eagle and Boise Counseling.

Please be assured that the therapists at Eagle and Boise Counseling will not acknowledge you as a client to anyone outside of Eagle and Boise Counseling without your written consent, or unless mandated by a court of law. Occasionally we may discover through something you share in a session that we have seen/are seeing someone that you know in therapy. If this is the case, your Eagle and Boise Counseling therapist must maintain that person's confidentiality as well and will hold this information just as he or she would uphold your confidentiality.

On occasion a client may say, "My friend Jane/John Doe mentioned that she/he started seeing you and is enjoying the work you are doing with him/her." This is an example of our standard response which is stated in a kind tone: "I appreciate any referrals clients make, however, I cannot reveal who I see in therapy, and thus I cannot remark on who I see clinically at this time." Because this may sound rather official to clients, and because Eagle and Boise Counseling will not acknowledge who is seen in therapy, including you, we thank our clients here on this page one time in advance for any referrals they may make:

Thank you for the referral; We are honored by your trust and confidence.

Consent to Counseling

My signature below indicates that I have read, understand and agree to the information in this Client Counselor Agreement and Consent to Enter Counseling and have entered into this Agreement knowingly and voluntarily. I agree to abide by the terms outlined in this Agreement.

Signed: _____



Printed Name: _____ Date: _____