Karen Nwachukwu

TemperMe LLC.

Certified Temperament Counselor

Licensed Pastoral Counselor

[www.tempermecounseling.com](http://www.tempemecounseling.com)

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**TemperMe LLC.**

Informed Consent and Client contract

I like for my clients to be fully informed on the counseling services they are receiving so please read through this form carefully.

**Description of Temperament Therapy Counseling.**

Temperament Therapy is based on the theory of Temperament. The Temperament is the combination of mental, physical, and emotional traits of a person. In short a natural predisposition. Temperament counseling focuses on looking at the inner man, the natural YOU ie your temperament and helping you understand yourself and why you do what you do. Many times we are stressed and frustrated in life because we do not understand our temperament and we try to meet the needs of our mental, emotional and physical issues through all the wrong things. The counseling involved in temperament counseling helps you figure out exactly what your temperament needs are and how to navigate this life and all its stress in a productive way.

**TemperMe LLC. Counselor & Credentials**

I am a Certified Temperament counselor as well as a licensed Pastoral counselor. I am not a therapist or medical psychiatrist. I do not prescribe medicine nor do I diagnose illnesses. I am well trained in Temperament theory with Certification in Temperament Therapy which is scientifically proven to help clients get a better understanding on how to better understand themselves and navigate life and its stressors. I am Licensed and certified through the accredited NCCA National Christian Counselors Association. As a Licensed Pastoral counselor part of my technique is to counsel from a spiritual aspect as there is much wisdom and information that comes from spiritual knowledge. Oftentimes in session I will incorporate prayer to build a stronger support for counseling. If I find that the client’s treatment is beyond my scope of practice I can and will refer the client to a therapist that may work better. With that said I am confident that Temperament therapy if given the chance will do wonders with most individuals.

**Confidentiality**

As a Certified Temperament counselor and a Licensed Pastoral counselor I am bound by the ethical codes that protect clients privacy and confidentiality. Any information the client shares is kept confidential by me unless the client gives written consent. However there are some exceptions to confidentiality where information may be released without your consent. These exceptions include (1) when it is understood there is an immediate danger to yourself or others; (2) if you confess to knowledge of child, elderly or disabled adult abuse; (3)if I am ordered by court of law to release information.

**Client Rights and Expectations**

You have the right to ask any questions regarding the type of counseling techniques used in therapy.

You have the right to end counseling at any time without moral, legal, or financial obligations other than those already accrued.

You have the right to voice your thoughts if you are unsatisfied with your counseling. You must however understand that the success of counseling is based primarily on the client who voluntarily chooses to go through counseling. Please do not feel you have to continue if you are not satisfied with counseling. We can work out whatever we need to in order to bring things up to the client's approval.

**\****Counseling can be very in depth and we may go over some things that may be hard to discuss at first but with time it will get easier. That said, understand that some subjects may be sensitive in nature that it may bring up traumatic experiences that may be tough, but through counseling you can overcome those hurdles and be able to achieve success in your life.*

Your commitment and dedication to the counseling process will greatly determine the outcome of your experience.

The client is expected to be on time for appointments so the sessions can begin on time. Ten minutes before your scheduled time is best.

The client may be given an assignment to work on in between meetings so as to better the outcome. Examples are to read a book, breathing exercises, or note taking for self.

**Services and Fees**

**TemperMe LLC.**  provides counseling in the following areas: Anxiety issues, depression, processing grief and loss, life adjustment issues, stress management, and career choice analysis.

*The following are our current services and fees:*

*Temperament Profile Analysis and consultation: $60.00 for individual and $90.00 for couple (This is needed before 1st initial session)*

*50 minute Individual Adult session $100.00*

*80 minute Couple Counseling: $130.00*

*Canceling without 24 hour notice: 50% of regular session fee*

***Payment is expected before the session begins.***

***\*\*Please note that we are unable to accept insurance\*\****

**Cancellation Policy**

We request you notify your counselor at least 24 hours in advance of your scheduled appointment if you need to cancel. Failure to do so will result in a fee of 50% of your regular session. The only allowed exceptions will be for sudden illness and emergencies. We highly encourage you to reschedule immediately for your next session if you cancel.

By signing below, you are acknowledging that you fully understand and **accept** all of the information stated above in this consent form.

Client signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Counselor signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_