

MANDATORY DISCLOSURE STATEMENT

This statement is required by Colorado state law so that you are aware of your rights as a psychotherapy client. Please read this statement and discuss any questions or concerns you have before signing it.

1. Name and contact information: Gabrielle Numair/To The Heart of It Counseling, LLC, 2357 Columbine Lane, #54, Evergreen, CO 80439; 720-955-3344. I hold a master's degree in clinical psychology with an emphasis in marriage, family and child counseling from Antioch University, Los Angeles, California and completed my internship at the Southern California Counseling Center. Los Angeles, CA. I am an unlicensed psychotherapist registered with the State of Colorado. My registration number is NLC.0004235.
2. The following is an explanation of the levels of regulation applicable to mental health professionals under the Mental Health Practice Act and the differences between licensure, registration, and certification, including the educational, experience, and training requirements applicable to the particular level of regulation:
 - An Unlicensed Psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado, but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.
 - A Certified Addiction Counselor I (CAC I) must be a high school graduate or equivalent, complete required training hours and 1,000 hours of supervised experience.
 - A Certified Addiction Counselor II (CAC II) must be a high school graduate or equivalent, complete the CAC I requirements, and obtain additional required training hours, 2,000 additional hours of supervised experience, and pass a national exam.
 - A Certified Addiction Counselor III (CAC III) must have a bachelor's degree in behavioral health, complete CAC II requirements, and complete additional required training hours, 2,000 additional hours of supervised experience, and pass a national exam.
 - A Licensed Addiction Counselor must have a clinical master's degree, meet the CAC III requirements, and pass a national exam.
 - A Licensed Social Worker must hold a master's degree from a graduate school of social work and pass an examination in social work.
 - A Licensed Clinical Social Worker must hold a master's or doctorate degree from a graduate school of social work, practiced as a social worker for at least two years, and pass an examination 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 Licensed Marriage and Family Therapist must hold a master's or doctoral degree in marriage and family counseling, have at least two years post-master's or one year post-doctoral practice, and pass an exam in marriage and family therapy.
 - A Licensed Professional Counselor must hold a master's or doctoral degree in professional counseling, have at least two years post-master's or one year postdoctoral practice, and pass an exam in in professional counseling.

- A Licensed Psychologist must hold a doctorate degree in psychology, have one year of post-doctoral supervision, and pass an examination in psychology.

3. The practice of licensed or unlicensed persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. The Colorado State Board of Unlicensed Psychotherapists can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800.
4. You are entitled to receive information from me about my methods of therapy, the techniques I use, the duration of your therapy (if I can determine it), and my fee structure. Please ask if you would like to receive this information.
5. In a professional relationship (such as ours), sexual intimacy between a therapist and a client is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder. Dual relationships of any type are also inappropriate.
6. You can seek a second opinion from another therapist or terminate therapy at any time.
7. In general, the information provided by the client during therapy sessions is legally confidential in the case of licensed marriage and family therapists, social workers, professional counselors, and psychologists; licensed or certified addiction counselors; and unlicensed psychotherapists, except as provided in § 12- 245-220 and except for certain legal exceptions should any such situation arise during therapy. Since the information is legally confidential, I cannot be forced to disclose any of your information without your consent. Client records may not be maintained after seven years after the end of a client's treatment. **There are exceptions to the general rule of legal confidentiality.** Confidentiality may be waived in the event of physical abuse and/or neglect of a child, including any past or present sexual contact with a minor. Confidentiality may also be waived in the event of physical abuse and/or neglect of an at-risk elder or an at-risk adult with intellectual and developmental disabilities (IDD). All therapists are required by law to report such instances to law enforcement. Additionally, in the event of imminent danger to yourself or another person, I am required by law, to protect you, which may result in you being hospitalized, and I have a duty to warn anyone who may be in imminent danger as a result of your threats or behaviors.
8. **Fee Information:** My standard fee is \$125 for a 50-minute session. I offer a sliding scale determined on a case by case basis. If needed, please inquire about a sliding scale. Longer sessions can be arranged with advance notice at a prorated amount. For teletherapy sessions (video or phone), usually payment must be made by credit card when you schedule your appointment online. If you wish to pay by cash or check, arrangements for payment must be made in advance and payment received in advance of your appointment. With your written consent, meetings with auxiliary medical or legal consultants either by phone or in person and report writing will be billed at my standard fee. If payment is in arrears more than 60 days and a fee payment schedule cannot be agreed upon, your account will be turned over to a collection agency, an attorney, or small claims court.
9. **Missed appointments and cancellations:** Once an appointment is scheduled, you will be responsible for payment unless you provide 24 hours advance notice of cancellation. If it is possible, I will try to find another time to reschedule the missed appointment.
10. **Contacting me:** Due to the nature of my work, I am often not immediately available by telephone. If you need to speak to me between regularly scheduled sessions, please leave a voice message and I will return your call as soon as possible. If needed, telephone calls for the purpose of scheduling are expected and are not billed. I do not charge for brief conversations but any non-scheduling discussion that goes beyond 5 minutes or more than three 5 minute discussions per week will be billed to you on a prorated basis. I am generally available between the hours of 10am and 5pm,

Monday through Friday. Phone calls will usually be returned during regular business hours. If an emergency arises outside of these hours or if you are unable to contact me, call 911 or go to the nearest available hospital emergency room.

11. **Services:** Your experience will depend upon many factors including your personal efforts. Psychotherapy requires a very active participation on your part. In order for the therapy to be most productive for you, your active work during sessions and at home are essential. Psychotherapy can have benefits and risks. Since therapy may involve discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. Psychotherapy has also been shown to have many benefits. It often leads to better relationships with yourself and others, developing healthy coping skills, uncovering solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience.

If you have any questions or would like additional information, please feel free to ask me. I have read the preceding information and understand my rights as a client or as the client's responsible party. By signing this disclosure statement, I understand and agree to all of the terms discussed above.

Print Client's Name

Client's or Responsible Party's Signature

Date

If signed by Responsible Party, please state relationship to client and authority to consent:
