

WELCOME Counseling Services
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Getting Started

You are entering a professional relationship with your therapist at this time. Counseling sessions are focused on your personal needs and goals. It is a privilege to work with you at this time of your life's journey.

This relationship is defined by ethical standards of the American Counseling Services and the Texas Counseling Services. These standards direct therapists to hold in confidence all statements by you with the following exceptions: a) you direct the therapist to tell someone else; b) it is determined that you are a danger to yourself or others; or c) it is ordered by a court to disclose information. According to state law (Texas Family Code, Section 34.07) all known incidents of child or elderly abuse and child sexual assault must be reported.

You and your therapist will identify specific goals you want to accomplish in counseling. Depending on your therapist's theoretical base, different approaches will be used to help you achieve your goals. It is understood that you and your counselor will work together to achieve the best possible results for you.

If you have any concerns about your services, please consult your therapist. Ultimate professional accountability is referred back to the State licensing organization, The State Board of Examiners of Licensed Professional Counselors is located in Austin, Texas.

Length of Session and Fee:

A counseling session fee is \$75.00. Fees are collected at the time of service. Cash and checks are accepted. Receipts are given for each session which can be used for insurance purposes. Sessions are usually 1 hour. It is asked that you cancel a session 24 hours in advance.

You will receive a copy of the HIPAA Notice of Privacy Practices and have access to the Health Insurance Portability and Accountability Act (HIPAA) Notice of Privacy Practices.

Finishing Your Work:

As you come to the conclusion of your therapy process, and are ready to discontinue counseling on a regular basis, you always have the option to return for additional assistance.