

Consuela D. Douglas, LCSW

Therapeutic Services

Informed Consent

This document contains important information about the therapeutic services provided by Lavender Waters Consulting, LLC. Lavender Water's Consulting's therapeutic services comply with the Health Insurance Portability and Accountability Act (HIPPA), 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 and health care operations.

Philosophy Statement

Lavender Waters Consulting, LLC is dedicated to serving individuals and families through prevention, education, resource and referral, therapy and outreach.

Lavender Waters Consulting, LLC has a holistic approach to treatment, and promotes mental, emotional, physical, social, financial and spiritual wellness. Lavender Waters offers many services including therapy, life skills classes, life coaching, yoga, stress management services, and support groups. Lavender Waters Consulting encourages participation in multiple service offerings in order to maximize treatment benefits. A full schedule of Lavender Waters Consulting, LLC services will be provided.

Therapy Services Availability, Appointments and Client Goals

Lavender Waters Consulting, LLC offers one-on-one therapy services to participants for a predetermined fee. Therapy sessions are offered weekly as pre-scheduled appointments within the program. One-on-one therapy focuses on individual treatment and care. Counseling sessions are held with licensed therapists or supervised graduate level clinician interns.

Therapists may employ a variety of theoretical frameworks and therapeutic models during your treatment, including strengths perspective, person-in-environment perspective, systems perspective, trauma-informed modalities, cognitive-behavioral therapy, dialectical behavioral therapy, emotional freedom techniques, solution-focused therapy, etc. Therapeutic models will be selected based on the needs and goals of the client.

There can be many goals for the therapy process, including short-term and long-term goals. Whatever the goals for therapy, they will be set by you according to what you want to work on in therapy. The therapist may make suggestions on how to reach goals, but you decide where you

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want to go. The first 1-3 sessions will involve a comprehensive evaluation of your needs. By the end of the evaluation, we will discuss your treatment goals and create an initial treatment plan.

Therapy sessions may be scheduled on Mondays through Thursdays. Therapy sessions typically last from 45 to 50 minutes. The time scheduled for your appointment is assigned to you and you alone. If you need to cancel or reschedule a session, I ask that you notify me in advance. You are responsible for coming to your session on time. If you arrive late, your appointment will still need to end on time, or we may need to reschedule.

Appointments may be scheduled at the end of a counseling session, in-person at the Lavender Waters Consulting, LLC office, or over the phone by calling:

Consuela Douglas: (404) 638-7257

Risks and Benefits of Therapy

Therapy is an intensely personal process that can bring unpleasant memories or emotions to the surface. There are no guarantees that therapy will work for you. It is normal for clients to experience highs and lows during the therapeutic process. Progression may happen slowly.

There are many benefits to therapy. Potential benefits of therapy include:

- Improved communication and interpersonal skills
- Greater self-acceptance and self-esteem
- Ability to change self-defeating thoughts/behaviors/habits
- Better expression and management of emotions
- Relief from depression, anxiety, etc.
- Safe place to process your experiences
- Increased confidence and decision-making skills
- Ability to manage stress effectively
- Improved problem-solving and conflict resolution

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Client Participation

Therapy is a process that requires commitment from both the therapist and the client. The therapist will bring knowledge and experience into the therapeutic partnership; however, you are the expert on your own experiences and needs.

Therapy requires you to take an active role in your care. In order to have the most successful experience, you need to be engaged during your sessions, as well as work on assignments outside of the sessions.

Your therapist values your feedback on the therapeutic experience and welcomes questions about your care. You are encouraged to communicate your expectations and hopes for the therapeutic process.

Therapeutic Relationship

The therapeutic relationship between the therapist and the client is a professional relationship, and has some specific boundaries and roles that differentiate it from other types of relationships.

The therapist-client relationship is a strictly therapeutic relationship that is focused on the client's treatment and care. Although your therapist may have multiple roles at Lavender Waters Consulting, LLC, including individual therapy, group therapy, life skills classes, etc., in order to maintain confidentiality, your therapist will not discuss your case with you outside of your scheduled therapy session. Your therapist will remind you that this content may not be discussed outside of a session. In addition, your therapist will neither confirm nor deny that you are a client among the other participants in order to protect your privacy.

In the case that you encounter your therapist in public, your therapist will not address you in order to protect your identity as a client. If you choose to acknowledge your therapist in public, the therapist will keep the contact brief.

Dual relationships between therapist and clients, such as social and business relationships, are unethical and are harmful to the therapeutic process. Therefore, your counselor will decline any social and/or business invitations both during and after treatment.

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Professional Records

Lavender Waters Consulting, LLC is required to keep appropriate records of the therapeutic services provided. Your records are maintained in a secure location in the office. Except in unusual circumstances that involve danger to yourself, you may have access to your records; however, because they are professional records, they may be misinterpreted and/or upsetting to the untrained reader. For this reason, I recommend that if you would like to see your records, you initially review them with me, or have them forwarded to another mental health care provider to discuss the contents. You also have the right to request that a copy of your file be made available to another health care provider at your written request via the External Release of Information form.

Electronic Communication and Use of Technology

Electronic communication (text messages, email, etc.) may occasionally be used during the therapeutic process for nonclinical purposes. However, electronic communication should not be used to share therapeutic content or issues with the therapist, as these are not always secure methods of communication and your confidentiality cannot be guaranteed. Any electronic correspondence that you choose to send to your therapist will be printed and kept as a part of your clinical record.

On occasion, graduate clinical interns will take audio recordings of counseling sessions for the purpose of supervision and training. If your therapist wishes to record your sessions, the therapist will review it with you first, and obtain your written permission.

Lavender Waters Consulting, LLC may have a presence on Facebook, Instagram, Twitter and other forms of social media that are used for marketing and connecting with the community. You may choose to follow/connect with Lavender Waters Consulting on these sites; however, these sites are not confidential. In order to maintain a professional relationship, therapists do not accept requests from current or former clients on personal social networking sites.

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Confidentiality

Lavender Waters Consulting, LLC will not disclose your information on your involvement in the therapy without your written consent, with some limitations. In compliance with legal and professional standards, I may use or disclose records or other information about you without your consent or authorization in the following circumstances:

- a) Suspected abuse of a child, elderly person or disabled person
- b) Perceived immediate risk of suicidality or homicidality
- c) Court order or subpoena

Your therapist may consult with a supervisor or other professional in order to give you the best service. If you are receiving services from a graduate clinical intern, you should be aware that your case will be discussed with the intern's supervisor. Again, the purpose of this is to ensure that you are receiving the best treatment possible. Your therapist may discuss your case with licensed counselors/therapists for the purpose of professional consultation. In the event that your counselor consults with another counselor/therapist, no identifying information such as your name would be released.

Termination of Services

Although each individual's progress is evaluated on a case-by-case basis, Lavender Waters Consulting clients are typically permitted 60 minute therapy sessions. There are some instances, however, where therapy services may be terminated prematurely, such as:

- a) Behavioral non-compliance (client does not schedule sessions, client regularly does not attend scheduled sessions, client regularly does not complete assignments, etc.)
- b) Suspension, expulsion or voluntary termination of participation in the Lavender Waters Consulting programming
- c) Client chooses to terminate therapy services

Upon the completion of allotted sessions, the therapist and client may consensually agree to terminate services, assuming the intervention has been completed and the client has reached her goals. Periodic follow-up sessions are permitted. If the client requires further ongoing treatment after completing her allotted sessions, the therapist may refer the client for long-term care.

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Immediate Needs and Emergency Contact

Your therapist and Lavender Waters Consulting, LLC staff are not available to assist you 24 hours a day/7 days a week. Lavender Waters Consulting LLC office is open from 9:00 am – 4:30 pm on Monday – Friday.

In the case of an emergency, please call the GA Crisis and Access Line at 1-800-715-4225, call 911 or go to the Emergency Room.

Client Authorization and Consent to Treatment

Your signature below indicates that you have read, understand and agree to abide by the policies outlined in the Informed Consent Form. We can discuss any questions that you have before you sign at any time in the future. Your signature is required if you wish to receive therapy services from Lavender Waters Consulting, LLC.. You have a right to refuse services.

Printed Client Name

Client Signature Date

Printed Provider Name

Provider Signature Date