

Informed Consent Form for Counseling

This information is provided for you in accordance with the Texas State Board of Examiners of Professional Counselors, and the Texas Administrative Code, Title 22, Chapter 681, Subchapter C, Code of Ethics, Section 681.41 General Ethical Requirements, paragraph e. Please read it and ask any questions about it before signing or receiving any services.

Reporting Violations: The LPC Board may be contacted by mail at: Customer Service Representative, PO Box 149347, Austin, Texas 78714-9347, or by phone at: (512) 458-7111 or 1-888-963-7111; TDD 1-800-735-2989 to report violations.

Education and License: Michael-David R. Bradford is a Licensed Professional Counselor in the State of Texas. He holds a Master of Arts in Marriage and Family Counseling and a Master of Arts in Christian Education, both earned at the Southwestern Baptist Theological Seminary in Fort Worth, Texas. He has been fully licensed in the State of Texas since February 28th, 2006, and his license number is 20103. Michael is also a Licensed Professional Counselor Supervisor in the State of Texas. Michael has no restrictions on his license.

Fees and Arrangements for Payment: The current fee for individual, marriage, and family counseling is \$50.00 per session. A session generally runs 50 minutes to an hour. Payment of full fee or insurance copayment (if insurance is accepted by the counselor) is expected upon completion of each session and may be made by check, cash, money order, Visa, MasterCard, American Express, or Discover. For clients with current, valid insurance coverage that is acceptable to the counselor, your plan will be billed directly for the fee less copayment. Fees are subject to change and clients will be notified in writing of fee changes.

Counseling Purposes, Goals and Techniques: The purpose of counseling is to identify personal behaviors, thoughts, feelings, and issues that hinder change, growth, or inhibit personal joy; and through guidance and awareness in those behaviors and thought patterns, facilitate the process of change. The counselor's goal is to facilitate the client along this process; but this requires a collaborative effort that can be time-consuming and necessitates commitment to the process. There are no guarantees in counseling, and in fact, you may end up feeling more discomfort at times in this process, for example, as old negative feelings are recalled.

Your counselor is trained in and may utilize any or all of the following techniques:

- (1) individual counseling which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, and affective methods and strategies to achieve mental, emotional, physical, social, moral, educational, career, and spiritual development and adjustment through the life span;
- (2) group counseling which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, and affective methods and strategies to achieve mental, emotional, physical, social, moral, educational, spiritual, and career development and adjustment through the life span;
- (3) marriage counseling which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, affective and family systems methods and strategies to achieve resolution of problems associated with cohabitation and interdependence of adults living as couples;
- (4) family counseling which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, affective and family systems methods and strategies with families to achieve mental, emotional, physical, moral, social, educational, spiritual, and career development and adjustment through the life span;
- (5) chemical dependency counseling which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, affective methods and strategies, and 12-step methods to achieve abstinence from the addictive substances and behaviors by the client;
- (6) rehabilitation counseling which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, and affective methods and strategies to achieve adjustment to a disabling condition and to reintegrate the individual into the mainstream of society;

- (7) education counseling which utilizes formal and informal counseling methods and assessments and appraisal instruments for the purpose of determining strength, weakness, mental condition, emotional stability, intellectual ability, interest, skill, aptitude, achievement, and other personal characteristics of individuals for the selection of and placement in educational settings, preschool through postdoctoral study;
- (8) sexual issues counseling which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, and affective methods and strategies in the resolution of sexual disorders;
- (9) psychotherapy which utilizes interpersonal, cognitive, cognitive-behavioral, behavioral, psychodynamic, and affective methods and strategies to assist clients in their efforts to recover from mental or emotional illness;
- (10) play therapy which utilizes play and play media as the child's natural medium of self-expression, and verbal tracking of the child's play behaviors as a part of the therapist's role in helping children overcome their social, emotional, and mental problems;

Limits of Confidentiality: Any and all information shared during counseling is considered confidential and will not be shared or disclosed with anyone except in the following cases permitted or required by applicable law:

- (1) When the client (or if under 18 years of age, parent or legal guardian) has provided written consent to release information, then only that information which is authorized by the client will be provided only the the party or parties designated on the consent.
- (2) If the counseling records and/or counselor are subpoenaed by a court, then only that information that is subpoenaed or asked under oath will be disclosed
- (3) If information is provided, or the counselor has reason to suspect that a child (under age 18), elderly, or disabled person is being abused or neglected, then the appropriate state or local agency (e.g. Child Protective Services, Adult Protective Services) will be informed
- (4) If the counselor determines that you are at risk of suicide, then that information may be provided to a court (in order to obtain a mental health warrant), or law enforcement for your protection
- (5) If the counselor determines that you commit homicide, then law enforcement may be informed
- (6) If you are under the age of 18, then your parents and/or legal guardian(s) may request your records and/or verbal information on your progress and treatment.
- (7) If you use insurance, then information on your clinical diagnosis, dates and types of services rendered, a treatment plan, and summary of treatment may be provided to the insurer
- (8) For professional consultation to another licensed healthcare professional in order to facilitate treatment or in cases where referral is appropriate

Records: The LPC Board requires a plan for custody and control of clients' mental health records. In the event of the counselor's death or incapacity, records shall be maintained in custody of counselor's wife for the period required by the LPC Act. In the event of termination of counselor's counseling practice, records shall be maintained for the period required by the LPC Act by the counselor.

Agreement: I have read and understand this Informed Consent form. All questions I had about this form have been answered and explained to my satisfaction. I understand and agree to the limits of confidentiality, fees, and counseling purposes, goals, and techniques as outlined on this form. I consent to counseling under the terms described above. I have received a copy of this form.

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I agree to provide counseling under the terms above.

<u>Michael-David R. Bradford, LPC-S</u>		
Printed Name of Counselor	Signature of Counselor	Date