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CLIENT INFORMED CONSENT FORM

IMPORTANT INFORMATION AND CLIENT CONSENT: Please read and sign at the end stating you have fully read and understand the information below.

Risks and Benefits. Counseling and psychotherapy are beneficial, but as with any treatment there are inherent risks. During counseling, you will have discussions about personal issues which may bring to the surface uncomfortable, negative emotions. Some possible benefits may include improved personal relationships, reduced feelings of emotional distress, and specific problem solving. I cannot guarantee these benefits; however, it is my goal to work with you to attain your personal goals.

Cancellation Policy & Fees. Life can be busy and full of the unexpected, so if you must cancel your session, be sure to give at least a 24-hour notice. Otherwise, you will be charged a \$50 cancellation fee. Fees for services are due and payable at the time of services rendered. Accepted forms of payment include credit card, check, cash, and most health savings accounts. I charge an additional fee for documents requests and subpoenas for court or other legal proceedings. These fees are discussed in more detail in the Payment & Cancellation Policy.

Sessions. The initial session will consist of some time spent filling out and discussing an intake form. Discussion of the form and information you share will facilitate an understanding of how counseling can benefit you. Sessions typically last around 50 minutes and can be scheduled at a frequency that fits your specific needs.

Process. Counseling is a learning process and usually concerns itself with everyday problems and issues. Counseling focuses on one concern at a time and multiple concerns can be prioritized. Both parties recognize that counseling is voluntary and confidential. Confidentiality will be broken, however, for a variety of reasons, including if the counselor is made aware of an intent to harm oneself or another, or in the case of child or elder abuse.

Complaints. Complaints can be made to Texas State Board of Examiners of Professional Counselors at 1100 W. 49th Street, Austin, TX 78756.

Contacting Me/Emergencies. Because clients may be scheduled back to back, it is not always possible to return a phone call immediately. I will make every effort to respond to you in a timely manner. I will only check messages and return calls during regular business hours. In the event of an emergency, please call 911.

Electronic Communication. I cannot ensure the confidentiality of any form of communication through electronic media, including e-mail and text messages. If you prefer to communicate via e-mail or text messaging for issues regarding scheduling or cancellations, I will do so. While I may try to return messages in a timely manner, I cannot guarantee immediate response and request that you do not use these methods of communication to discuss therapeutic content and/or request assistance for emergencies.

Consent to Treatment. By signing this consent form, I acknowledge that I have read, understand, and agree to the terms and conditions contained in this form, and have been given appropriate opportunity to address questions or request clarification for anything that is unclear to me. I am voluntarily agreeing to receive mental health services and I understand that I may stop such treatment or services at any time.

Client Name

Client Signature (Parent/Guardian if Under 18)

Date