

Gateway Biblical Counseling

12700 Hillcrest Rd, Ste 252

Dallas, TX 75230

Information for the Client

The counseling process is one where the counselor will want to form an alliance with you to explore the nature of your problem. Although the counselor will spend time exploring your problem, there will be much exploration into areas that feel as though they are not connected to your presenting problem. This is done as the counselor will explore other relationships with people in your life as a way to see how you relate to others. Using a Biblical foundation which believes that you were made to deeply relate with others, the counselor will begin the process of looking at relationships that are not operating in this deeply relating manner. This can show woundedness or areas that need to be worked on.

Many of the results of this process can be linked to your determination to look at the reality of how you deal with relationships, pain, loss etc. Honesty about these areas will allow old patterns of avoiding pain/suffering/loss etc to be disrupted. This process is intended to be disruptive and can result in feelings of anger, loss, rage, fear, depression, anxiety and other powerful emotions as you begin to walk through this process. At times medical intervention might be suggested by the counselor.

Desire and Responsibility of the Counselor

The counselor will desire to see the problems you brought into counseling resolved to your satisfaction if possible. We will need to spend some time getting to know you which allows the counselor to see how you see the problem, how you relate and other helpful items in determining your best route of treatment. Counselors keep records of each visit which can sometimes be very detailed and at others not detailed. These records are confidential and no one will be allowed to see them. The counselor wants you to be successful in this process and understands that the definition of success is for you to ultimately determine. The counselor is your advocate and wants the best for you even if, at times, it seems that this is not true.

Exceptions to confidentiality

1. Consulting with other professionals is common in the mental health community. Any consultation with other professionals is strictly for your case and no identifying information will ever be given during such a consult.
2. Interns do share information from cases with their supervisor and you as the client of an intern are considered the supervisor's client, so they will have all access to records, data, biographical information and so on. This however is help by the supervisor in strictest confidentiality as mentioned above.
3. If the court orders a subpoena of case records or testimony the counselor will first assert that the information is "privileged" information between client/counselor. The counselor can only release these documents to the court if you give the counselor written permission or if the court denies "privilege" and orders the records opened.
4. If you are a threat to yourself, others whether homicidal or suicidal.
5. Children are protected by many laws and any physical or sexual abuse of a child will be reported to Child Protective Services. Abuse of a child over 18 isn't required unless minor children are still in the home or closely situated to the abuser. Elder abuse is also a reportable item.

Fees and Payment

The standard fee for the counselor you are seeing is \$115.00 per fifty minute session. This fee is flexible with a sliding scale if documentation is providing as to your income and expenses. The counselor will revisit the fee periodically to

see if a higher or lower fee would be more appropriate based on income level changes. If you can pay the full fee we do expect that you will do so as this is an investment in yourself, if you cannot please do not hesitate to speak with the counselor. Returned Checks will result in a \$25 fee (can change with notice).

Cancellations-please give your counselor 24 hour notice at least if you are canceling an appointment. This is done because counselors are there only when clients have scheduled to see them. If you do not give notice, the counselor has a ethical right to charge you the fee as he sees fit.

Client Rights

The course of therapy is primarily determined by you and the counselor together. You are encouraged to ask questions as to the educational/professional background of the counselor, the therapeutic approach, your therapy plan, progress and other items that you feel are important. It is impossible for a counselor to tell you how long you will be in therapy, some progress quickly, some go slowly and others leave before its time, all of which are your decisions. You can start and stop therapy for any reason. We encourage you to speak with your counselor before leaving treatment so that we can close the relationship as carefully as it began.

The counselor intends to provide services in a professional manner and ethically as well. If you feel as though your counselor has not acted accordingly please bring this up with the counselor. We are mandated to operate under the codes set forth by the Texas State Board of examiners of Professional Counselors. These rules provide guidelines for counseling methods and practices as well as professional ethics. You have the right to report violations to the Texas State Board of Examiners of Professional Counselors, 1100 West 49th Street, Austin, TX 78756-3183, (512) 834-6658. You have the right to end therapy at any time with no further obligations other than already incurred financial obligations.

Acknowledgement

By signing this disclosure you, the client, acknowledge having been informed of his/her rights and responsibilities under regulatory laws for counselors in the state of Texas. In addition, you have read and understands the policies referenced above.

Signature of Client _____ Date _____

Signature of Spouse/Guardian _____ Date _____

Signature of Counselor/Therapist _____ Date _____