

Counseling Informed Consent Agreement

Counselor's qualifications, experience, credentials, and overall approach to counseling

The qualifications for me, Nick Nelson, is a Master of Arts (MA) in Clinical Mental Health Counseling (CACREP) from Liberty University. I am also a United States Army Veteran and have a background in Operations and Leadership. I am a Nationally Certified Counselor (NCC) by the NBCC and Licensed Professional Counselor – Associate (LPC-Associate) for the State of Texas. I am being supervised by Greg Laliberte, EdS, LPC-S. The overall approach to the counseling techniques used by CAN Behavioral Health is Positive Psychology. My personal approach is Person-Centered Therapy. In case of my incapacitation, any client receiving treatment under me will be moved to John Havenar for case management and referral.

Nature of services that will be provided

CAN Behavioral Health receive payments on the sliding scale or through your insurance program. I cannot practice counseling independently and cannot accept insurance outside of CAN Behavioral Health. The programs at CAN Behavioral Health consist of substance use and crisis counseling for adolescents and adults. The goals of the individual and group counseling sessions are to develop consistent outcomes based off the client's desires for recovery. The counselors will collaborate with you and provide referrals when the goals cannot be met by CAN Behavioral Health.

Right to confidentiality and limitations involved

The verbal and written statements and documents from counseling sessions are to be confidential. In accordance with HIPAA regulations, records about a client cannot be shared with any other party without the consent of the client or the client's legal guardian. The state of Texas imposes limitations on confidentiality when self-harm, harm-to-others, or child abuse are disclosed. This is described as duty to warn and protect. There are also limitations to confidentiality involving court orders and subpoenas. Information may also be disclosed to the treatment team and insurance companies if insurance is used.

Potential risks, limitations, and benefits

Not every issue brought to counseling can be guaranteed to be resolved with counseling. No promises or guarantees can be made to the client regarding the results or outcomes of treatments. Counseling can be beneficial and lead to healing and wholeness; however, there is risk related to difficult conversations, recalling painful memories, adjusting behaviors to develop new habits, and making changes to important relationships that may not be embraced by others such as family or friends.

Client rights and responsibilities

If you are uncomfortable with your counseling process or counselor at any time, you are encouraged to address that with your counselor, or with his/her supervisor. You also have the

right to report to the Board of Counseling any unethical, fraudulent, or unprofessional conduct of your current counselor, or any previous counselor. The process for filing complaints is located at <https://www.bhec.texas.gov/discipline-and-complaints/index.html> or call 1-800-821-3205.

HIPAA ensures that you have the following rights, which CAN Behavioral Health fully supports:

1. The right to control their medical information and records.
2. The right to receive a notice of privacy practices and be informed of how an organization handles PHI.
3. The right to see their health records on paper or electronic form and amend those records if there are errors.
4. The right to choose how PHI is received or communicated, such as by phone, mail, or electronically.
5. The right to know if their PHI was disclosed without their consent, such as in a data breach or release to a court or law enforcement personnel. CAN Behavioral Health must provide the date of the disclosure, the name and address of the person(s) to whom the disclosure was made, a brief description of PHI disclosed and why it was disclosed.
6. The right to file a privacy complaint with the CAN Behavioral Health HIPAA Officer, an insurer, or the Office for Civil Rights under the Dept. of Health and Human Services, who is responsible to administer and enforce HIPAA, within 180 days of privacy violation being discovered.
7. Parents have the right to access their child's healthcare data and files while the child is a minor.

Emergency contact information

CAN Behavioral Health does not provide 24-hour on-call services. Staff are normally available only during normal business hours and can be contacted during normal business hours on 281-427-4226. Clients who have an emergency should contact 911 or go directly to the emergency room if the client believes they are at risk of hurting themselves or someone else.

I agree to all provisions stated in this informed consent document, including the limits of confidentiality. I have had a chance to discuss this document with my counselor and to ask any questions I may have.

Client Name (Please Print): _____ Signature: _____
Date: _____

Client's Guardian (Please Print): _____ Signature: _____
Date: _____

Counselor's Signature: _____
Date: _____