

Information and Consent

About Me

I am pleased that you have selected me as your therapist. This document is designed to inform you about my background and to insure that you understand our professional relationship.

I graduated from Saint Louis University with my Master's Degree in Counseling from Saint Louis University followed by becoming a Licensed Professional Counselor. My experience is as an individual counselor.

My foundation of counseling comes from the Cognitive Behavioral approach, in that the therapist and client work together as a team to identify and solve problems. I help my clients overcome their difficulties by shifting their thinking, behavior, and emotional responses. Most importantly, my focus is on what the client wants help with.

About Counseling

I accept clients into my practice, who I believe have the capacity to resolve their own problems with my assistance. I believe that as people become more accepting of themselves, they are then more capable of finding happiness, balance and contentment in their lives. Some clients may need a few sessions while others may need months or years of counseling. I will be supportive of that decision. If counseling is successful, you will be able to face life's challenges in the future without my intervention.

Although our sessions may be very intimate emotionally, it is important for you to realize that we have a professional relationship rather than a personal one. Please do not invite me to social gatherings, offer me gifts or ask me to relate to you in any way other than in the professional context of our counseling sessions. You will be best served if our relationship remains strictly professional and if our sessions concentrate on your concerns. You will learn a great deal about me as we work together during your counseling experience. However, it is important for you to remember that you are experiencing me only in my professional role.

Referrals

If at any time for any reason you are dissatisfied with my services, please let me know. If I am not able to resolve your concerns, you may report your complaints to the Committee of Professional Counselors in Jefferson City, MO at (573) 547-0607.

Fees and Cancellations

In return for a fee of \$110, I agree to provide counseling services for you in a 45 – 50 minute session. The fee for each session will be due and must be paid at each session. I accept cash, personal checks or credit cards via PayPal. In the event that you will not be

