

Informed Consent to Counseling

I am dedicated to providing compassionate and collaborative counseling. I believe each person has the potential for healing and growth to live a fulfilling life. I am here to support you in finding that path and navigating the ups and downs of everyday life.

Ethical Guidelines:

I am a Licensed Professional Counselor (LPC) and abide by the Code of Ethics of the Oregon Board of Licensed Professional Counselors and Therapists as well as the American Counseling Association and American Art Therapy Association. If you have questions or don't agree in anyway with my practice, please bring concerns to me first if possible. If not, you have the right to contact the Oregon Board of Licensed Professional Counselors and Therapists at 503-378-5499. Hillary Mondry (503) 730-1523, is the designated custodian of my client's records.

Risks and Benefits of Counseling:

Counseling provides an opportunity to engage in the process of change and can involve new perspectives and insights, emotional experiences and expression, and behavioral change. Growth and healing can be challenging at times and you may experience disruptions in normal patterns, feelings, and relationships.

Studies have found that regardless of the technique used in therapy, it's the relationship between therapist and client that is the main agent of change. I do my best to connect with clients in a way that is healthy and fosters trust, if you and I aren't a good match I will provide referrals. I am human, I make mistakes, I have a subconscious too! If I do something that doesn't feel good, I want to hear about it and will do my best to repair the relationship and support you in exploring your feelings and needs related to what happened.

Client Rights:

- To clearly understand the informed consent.
- To be free to make decisions about and participate in the therapy process without coercion.
- To refuse or discontinue treatment without penalty.
- To have a referral provided if and when needed.

Privacy of Client Information:

All client and counseling records and notes are kept (electronically or paper copy). I follow the guidelines of HIPAA and keep updated on what is needed for HIPAA compliance. Please note that email is not a secure method of communication but can be used at client's request. Written client permission is required for electronic or hard copy transmission, which includes a release of information.

Confidentiality and Limits to Confidentiality:

Confidentiality is defined as keeping private the information between client and counselor. Confidentiality is very important to the therapeutic relationship and will be protected with few exceptions.

The following are exceptions to confidentiality as required by Oregon state law:

- Reported suspected abuse/neglect of a child, elder or person with a disability.
- Reporting imminent danger to self or others.
- Reporting information required in court proceedings.
- Sexual exploitation by a mental health provider.
- Providing general information for therapist case consultation or supervision.
- Authorized disclosure (with release of information form).
- Defending claims brought by client against therapist.

Office Hours and Contact information:

Currently I am in the office day and evening times Mondays, Tuesday, Wednesday, and Thursday. We will work together to find a time that suits your needs and my availability. Phone calls: Phone messages related to rescheduling, cancellations, or general questions will be returned within one business day unless otherwise noted. If you have an emergency please call the Multnomah County Crisis Line at (503) 988-4888, available 24 hours a day and 7 days a week, or call 911.

Emails and Text Messages:

All emails become part of the client's official counseling records. Emails should ideally be used for brief and necessary communications as email is not a secure method of communication. Email is not used for urgent mental health needs or in place of a live session. Text messaging may be used for brief communications such as scheduling and brief check-ins when deemed appropriate by myself. Text messaging is not to be used to relay clinical information, conduct therapy, or in a crisis situation.

Dual Relationships, Meeting in Public, and Social Networking Sites:

A dual relationship exists when a professional has more than one type of relationship or role with another person (e.g. therapist and friend). Part of what makes therapy effective is that the client and counselor are connected solely through the counseling relationship. This allows the client to talk freely about any part of their life, including things they might not tell a friend.

Should you run into me in public, I will not make contact with you unless you initiate such contact. This is not a personal statement but rather an act to protect your confidentiality. I will not identify myself as your therapist to people in your company. In the interest of protecting client confidentiality and in keeping with professional boundaries, I will refrain from connecting with clients through all personal social networking sites including but not limited to: Facebook, Twitter, Linked In, etc.

EMDR sessions:

I completed basic training in attachment-focused EMDR. It's a powerful and effective treatment for recent or past trauma: Big T trauma, attachment trauma, and complex trauma. To learn more go to: <http://parnellemdr.com/emdr-and-af-emdr/>

It is not effective with everyone and there is a lot of preparation before we do an actual EMDR session. When we do an EMDR session, you have the option of doing a 90 minute session. This allows us to fully close the trauma incident with which we are working. If we don't fully process the incident in the 50 minute session there are ways to contain the work you are engaged in and continue the process during the next session.

Telehealth Sessions:

I offer HIPAA compliant telehealth sessions that are billable to your insurance. This is a regular session but through a video link that comes from Simple Practice, the medical documentation and billing service I use. It is useful for when you are out of town and want a session, can't make it into the office (you or me), or need a last minute session due to a mental health emergency.

Termination:

The end of our work together should be as thoughtful and intentional as our decision to work together. Termination may occur in several contexts, such as:

- You have achieved the goals that were made at the outset.
- You have realized maximum benefit from the therapy.
- We decide that referral to another therapist or specialist is in your best interest for you to reach your goals.

To sustain the benefits of therapy over the long-term, termination is a process that we prepare for and discuss as a team. You have a right to terminate therapy at any time, though I request that our last session together be in person as a way to review our work together and identify any outstanding resources that may need to be addressed in the short- or long-term.

If services lapse for 60 days, I will send you a letter with a 2 week window in which you may call to schedule a next appointment. If I don't hear from you in response, I will go ahead and close your chart.

Fee Structure and Payment:

50 minute intake session: \$155
50 minute individual session: \$145
50 minute couples/family session: \$165
30 minute EMDR add on time: \$70

- I reserve some availability for sliding scale appointments to make my services more affordable to those who need that option.
- Telephone consultations are pro-rated at the 50 minute hourly rate after the first 15 minutes.

Jenny Boyce, LPC, ATR
Jenny Boyce Counseling, LLC

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jboyce.art.therapy@gmail.com

- Payment is due at the time of your appointment. I accept cash, cards, and personal checks.
- Currently I am paneled with Regence Blue Cross/Blue Shield, Aetna, and Cigna Behavioral Health.

Cancellation Policy:

Cancellations must be made at least 24 hours in advance or you will be charged the amount that insurance pays me for your session, \$90 or if your insurance pays less, that amount, or our agreed upon amount for a session. This means that unless you cancel 24 hours before your session, even if you are sick, you will be charged for the session. If we can reschedule for that week or do a telehealth session, there is no charge. Thank you for your understanding and adherence to this policy. I am pleased to be working with you and appreciate your trust in the work we do together. Please let me know if you have any questions, comments, or concerns.

By signing below, I consent to be provided mental health services by Jenny Boyce, LPC, ATR. I understand the potential risks and benefits of treatment and have had an opportunity to ask Jenny Boyce, LPC, ATR about these services and to have my questions answered. I understand that it is my responsibility to suggest changes for improving my services to my counselor when appropriate, and that I am ultimately the director of my own treatment. I understand that I may revoke my consent at any time and refuse services.

\$ _____ Payment Agreement

_____ Client Signature

_____ Counselor Signature

_____ Date