

Xochitl Carias, MEd, LPC-Intern
Supervised by Ayesha Lakhani, MA, LPC-S, RPT-S, NCC, CART

Houston, Tx Cypress, Tx Ph. 832-928-8876

CONSENT FOR THERAPY

Welcome! This document contains important information about my professional services and business policies. Please read it carefully and jot down any questions you might have so that we can discuss them at our first meeting. When you sign this document, it will represent an agreement between us for therapy services.

LPC-Intern. Currently I hold a licensed professional counselor-intern. What that means is that per the state of Texas, I am still required to have a supervisor to help me through your case. I discuss your situation, feelings and reactions with my supervisor, but I DO NOT disclose your full name or anything that can identify you as my client. My supervisor has a vast experience in dealing with children, adolescents and adults and she guides me into a more effective therapeutic process based on her experience. My supervisor is Ayesha Lakhani, LPC-S, RPT-S, with Infinite Counseling. If you wish to contact her for any questions and or concerns about my services you can call her at 713-907-1669 or email her at ayesha@infinitecounseling.com.

Therapy process: Therapy is a professional relationship during which the therapist and the client work together to achieve the client's treatment goals. The nature of therapy varies depending on the personalities of the counselor and client, and the particular problems at hand. Our first few sessions will involve an evaluation of your needs and we will develop treatment goals. There are many different methods I may use to help you achieve your treatment goals. In order for you to get the most benefit from our work together, you will need to actively participate in session and continue to work toward change between sessions. If you have questions or concerns about my approach, please voice them as they arise. Therapy is a voluntary, collaborative process. SPECIAL NOTES FOR CHILDREN: Children's therapeutic process may vary depending on the case. I suggest that children be present in at least 12 sessions to start experiencing any change and make observations. I practice play therapy with children, which has shown to help drastically with children. Play therapy is NOT a behavior fix, however, I try to build a safe environment for children to work and process through their feelings. Some children take longer than others, and some children may develop reactions to certain situations later in life, so I always recommend bringing the children back to therapy in any case of change of behavior at school or at home, any change in attitude or any other odd behavior that may be observed.

Risks and benefits. Psychotherapy can have both benefits and risks. Research has shown that therapy may have benefits for a wide variety of problems, for both children and adults. Therapy often leads to better relationships, solutions to specific problems and/or

habits, and significant reductions in feelings of distress. However, since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. The ascend of these feelings are part of the therapeutic process and in these moments it's imperative that you, the client, endure through the process to overcome the situation. Sometimes suicidal or homicidal feelings surface during treatment. It is important that you communicate with me about any urges to harm yourself or others so we can make a plan to ensure your safety or that of others.

Fees.

Type of Service	Fee
Initial Consultation	\$100
Individual Therapy - Adults (55 minutes) - Children (45-50 minutes)	\$85
Family Therapy (75 minutes)	\$100
Group Therapy (3-6 adults/children)	\$60 per person
Consultation with other professionals (30 minutes)	\$40

If you become involved in legal proceedings that require my participation, you will be expected to pay for my professional time, even if I am called to testify by another party. I charge \$200 per hour for preparation and attendance at any legal proceeding.

Cancelations. I realize that circumstances frequently arise that may cause you to miss a scheduled appointment and I try to be flexible in accommodating changes in client's schedules. Please provide at least 24 hours' notice if you need to cancel or reschedule your appointment. You will be charged \$85 in your account for not canceling your appointment within 24 hours.

Confidentiality. It is extremely important to me to maintain your privacy and to protect your personal information. This is not only a legal obligation but also an ethical and moral responsibility. Part of the power of therapy and of psychological testing lies in clients feeling safe enough to share their innermost selves with another person. It is important to me to create that safety net by diligently protecting your information – not only the contents of your treatment but even the fact that you are a client.

There are some cases in which your information may be shared with another party. The most common reason for this is when you give your written permission for information to be shared with another person or agency. However, I will always inform you of this circumstance prior to providing information to a third party.

There are also some instances in which it may be necessary for me to provide information to others without your permission. Most of these involve the physical safety of you or someone else. I may be required to break confidentiality in the following circumstances:

- If I believe that you may kill yourself or someone else
- If you inform me about child abuse, even if it occurred long ago or in another state
- If I am informed of the abuse of someone elderly or disabled
- If I learn of sexual abuse by a mental health professional
- If I am served with a court order
- Under the Patriot Act, the FBI may obtain access to your mental health records without your permission or your knowledge
- For administrative or record-keeping purposes (for example, in response to a complaint brought against me or legal action taken, such as a malpractice suit)
- Texas law also authorizes me to provide information to a collection agency if other efforts to collect payment have failed

Minors. If you are under eighteen years of age, please be aware that the law may provide your parent(s) or legal guardian(s) the right to examine your treatment records. To maintain your privacy, it is my policy to request an agreement from guardians that they agree to give up access to your records. If they agree, I will provide them only with general information about our work together, unless I feel there is a high risk that you will seriously harm yourself or someone else. In this case, I will notify them of my concern. I will also provide them with a summary of your treatment when it is complete. Before giving them any information, I will discuss the matter with you, if possible, and do my best to handle any objections you may have with what I am prepared to discuss.

Professional records. The laws and standards of my profession require that I keep your treatment records for 10 years after treatment (adults) or 10 years after the age of majority (minors). You are entitled to receive a copy of your records.

Complains. If you have a concern about your treatment, I hope that you would feel comfortable addressing it with me directly. You have a right to complain to the Texas State Board of Examiners of Professional Counselors if you have any serious concerns. **The TSBEP can be reached at (512) 834-6658.**

Contacting me. I am often not immediately available by telephone. I will not answer the phone when I am with a client, but please feel free to leave a message or text me. I will make every effort to return your call within one business day. Please state your full name and phone number clearly on my confidential voicemail when you leave a message and let me know when it might be a good time to call you back. PLEASE REFER TO MY FEES TABLE FOR SPECIFICS ON PHONE MESSAGES/ TEXT MESSAGES.

Emergencies. Although I frequently check my voicemail, I may not be available if you urgently need to speak with someone. If an emergency arises – you feel you are in danger of harming yourself or someone else or being harmed by someone – please dial 9-1-1 or go to the nearest emergency room. In addition, the psychiatric emergency services (PES) offers 24-hour confidential crisis counseling over the telephone as well as in person. They

can be reached at **713-970-7000**.

Your signature below indicates that you have read the information in this document and agree to abide by its terms during treatment.

Client Signature

Date

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