

Welcome to New Horizon Counseling Services

Client Information and Informed Consent for Services

Welcome and thank you for choosing New Horizon for your counseling services. Today's appointment will take approximately 60 minutes after you have completed the forms. We realize that beginning a process of counseling may be a major decision, and may have many questions. This document is intended to inform you of our policies, your rights, state and federal laws. If you have any questions or concerns, please ask and we will try our best to give you all the information you need. When you sign this document, it will represent an agreement between you and New Horizon Counseling Center.

Our Counseling Center

New Horizon is dedicated to providing the highest quality in our respective areas of expertise to our community. Our mission is to promote a positive emotional and psychological lifestyle for our clients through counseling and psychotherapy services. We also offer bilingual counseling.

Our Therapists

Our therapists are graduates from a major accredited University, holding a Masters degree in Counseling. Each therapist is a Licensed Professional Counselor or Licensed Professional Counselor-Intern through the Texas State Board of Professional Counselors. Our interns are in the process of completing 3,000 required intern hours; they are under supervision to ensure that you will receive the highest excellence of service. New Horizon carefully selected the interns based on their knowledge, character, ethics, experience, and passion to help. If you have any questions regarding any intern, ask to speak with the Director of New Horizon Counseling, Jaime Corona, MA, LPC.

If you have any complaints, you may contact the Texas Board of Examiners of Professional Counselors at Texas Department of State Health Services MC-1982, 1100 West 49th Street, Austin, Texas 78756-3183

E-mail: lpc@dshs.state.tx.us

Website: <http://www.dshs.state.tx.us/counselor>

Telephone: (512) 834-6658

Fax: (512) 834-6677

Psychological Services

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychotherapist and the client as well as the particular problems you bring forward. There are many different methods your therapist may use to deal with the problems that you hope to resolve. Psychotherapy calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we talk about both during our sessions and at home.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also shown to have great benefits for people who go through the process. Therapy often leads to an improved relationship, solutions to specific problems, and significant reductions in feelings of distress. However, there are no guarantees of what you will experience.

The first few sessions will involve an evaluation of your needs. By the end of the evaluation, your therapist will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with your therapist. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about procedures, they should be discussed whenever they arise. If your doubts persist, your therapist will be happy to help you set up a meeting with another mental health professional for a second opinion.

Sessions

Normally an evaluation that will last at least two sessions will be conducted. During this time, you and the therapist both decide whether your therapist is the best person to provide the services you need in order to meet your treatment goals. If psychotherapy has begun, we will usually schedule one 50-60 minute session per week or according to your needs. Once an appointment is scheduled, you will be expected to pay for it unless you provide a 24-hour advance notice of cancellation or re-schedule (unless we agree that you were unable to attend due to circumstances beyond your control.)

Confidentiality & Limitations

All communication with your counselor, psychologist, or psychiatrist is confidential and will not, except under circumstances explained below, be disclosed to anyone outside of New Horizon unless you give written authorization to release information. You will need to sign a Release of Information Form if you wish to have New Horizon staff communicate information to anyone other than those specified below (see Consent for Limited Release of Information).

A record is kept of your work with us. It contains information you have provided to us in writing as well as counseling notes of your sessions. The record remains at New Horizon for a period of seven years following your last visit; at that time, it is destroyed. **Your record never leaves the Counseling Center.**

It is important that you understand that all identifying information about your therapeutic treatment is kept confidential. Information solicited by phone, written, or in person about clients will not be provided. You will need to sign the Consent to Release Information Form before any information is provided to a third party outside our office. This condition applies also in cases where coordination of treatment is necessary with another health professional (physician or psychiatrist). However, there are exceptions and/or limitations to confidentiality. The following are limitations to confidentiality:

- In cases of immediate risk/threat of suicide or homicide on the part of the client. _____
- In cases of child or elderly sexual abuse or neglect Initials
- In cases required by law.

Emergency Situations

Usually we are available Monday through Friday from 9:00 am to 7:00pm. If we are not able to answer the phone, you can leave a message in our voicemail with your name and phone number where we can reach you. We will make every effort to return you call on the same day you made it, with the exception of weekends and holidays. If you are not able to reach us and feel that you can't wait for us to return your call, contact your family physician or the nearest emergency room and ask for the clinician/psychologist/psychiatrist on call. If we will be unavailable for an extended time, we will provide you with the name of a colleague to contact, if necessary.

Professional Fees & Fee Agreement

Our Fee Schedule is as follows:

- Diagnostic & Evaluation Session (1st visit) – \$115.00
- Regular Office Visits (50-60 minutes) (Individuals, Couples & Play Therapy) - \$ 85.00
- Family Sessions (50-60 minutes) – \$95.00

The following is a fee agreement between New Horizon & _____.

You are expected to pay for each session in the amount of \$ _____ Name (& Insurance, if applicable) at the beginning of your session.

Initials

I understand that my appointment reserves the time exclusively for me and if I don't cancel or re-schedule my appointment with at least a 24 hour advance notice, I will be responsible for a fee of \$25.00.

Initials

CONSENT TO TREATMENT

By signing this Client Information and Consent Form as the client or Guardian of said client, I acknowledge that I have read, understand, and agree to the terms and conditions contained in this form. I have been given appropriate opportunity to address any questions or request clarification for anything that is unclear to me. I am voluntarily agreeing to receiving mental health assessment treatment and services for me (or my child if said child is the client), and I understand that I may stop such treatment or services at any time.

Signature – Client / Parent or Guardian

Date

Signature – Therapist

Date