

Finding Center Counseling and Wellness Services
Jennifer Given-Helms, MSW, LICSW, M.Ed
Licensed Independent Clinical Social Worker #LW60903242

DISCLOSURE STATEMENT

Informed Consent

The State of Washington requires that you be informed of the treatment situation before you make an agreement for a therapeutic relationship. This statement is intended for the following:

- To help you make an informed choice about pursuing therapy.
- As our formal agreement and statement of my expectations.
- As an outline of the terms dictated by the state law and HIPAA.

Please read this carefully and sign it if you are comfortable with it. I will be happy to discuss any part of it and encourage you to ask any questions or bring up any concerns you may have at any time in the course of our work together. You have the right and responsibility to choose the practitioner and treatment modality that best suits your needs. You have the right to refuse treatment, and you are free to discontinue the partnership at any time. You may do so by discussing this with me in person, by leaving a message on my confidential phone line or in writing.

Formal education, training, and experience

I am a Washington State Licensed Independent Clinical Social Worker. I have a Masters Degree in Social Work from the University of Washington, with a focus on Integrated Physical and Mental Health. I also hold a Masters in Education from the University of Washington and a Viniyoga teacher certification. I have been working with clients in the private practice setting since June of 2014. Previous to that, I facilitated groups of parents impacted by cancer and art therapy groups for children impacted by cancer at Gilda's Club, and supported families experiencing cancer at Harmony Hills Cancer Retreats. Additionally, I have 12 years of experience supporting families in their homes and 13 years experience as a special education teacher. Those years have honed my skills for collaborating with and supporting families as they explore resources and adjust to their family's unique situation. I currently work with clients in private and small group settings offering private counseling, couples counseling for parents, and community workshops.

Finding Center Counseling and Wellness Services is the culmination of my passions and life's dreams. I invite families of all genders and constellations and am excited to support you as you journey through this river of life and navigate it's twists and turns.

I have received the following formal education:

- Masters in Social Work: Integrated Health/Mental Health, University of Washington, 2015
- Certified Viniyoga Instructor, Whole Life Yoga, 2010
- Masters in Education, University of Washington, 2006

Choice of Therapeutic Methods and Interventions

I believe in empowering people through a strengths based approach to identify desired goals and work towards achieving them with an emphasis on mind, body and spirit. Drawing from mindfulness, somatic, and trauma-informed psychology tools, I am committed to engaging with people to promote their healing and growth in all aspects of life. Through my approach I seek to help adolescents, couples and families complete the resolution of presenting problems, become aware of thoughts, feelings and emotions, increase communication, and gain coping skills in a peaceful non-judgmental environment.

Our counseling relationship is a partnership, with shared responsibilities for setting goals that are realistic and inspiring. There are no guarantees that all problems will be solved during counseling, or how quickly changes will occur. We will evaluate the progress along the way and go on this journey together.

My specialties are:

- . *Teens and Twenties*
- . *Adjusting to Divorce*
- . *Sexuality and Gender Identity*
- . *Transitioning Blended Families*
- . *Transgender*
- . *Trauma*
- . *Parenting a Child with Special Needs*
- . *Couples Counseling for Parents*

Professional Affiliations

- . Embody Love Movement
- . American Association of Sex Educators, Counselors and Therapists
- . National Association of Social Workers
- . Yoga Alliance

Confidential Rights and Expectations

Confidentiality between a counselor and client is protected by law, RSW 18.225.105, and is strictly maintained, except in the following situations:

- Suspected abuse or neglect of a child or vulnerable adult.
- Threatened harm to self or others.
- Inability to meet basic needs.
- A legal order from a court of law.
- If you sign a written release of information. Any release of information will be discussed with you beforehand, if feasible.

Records

There are strict confidentiality laws pertaining to your records. You have a right to request to see your records at any time, although, it is not guaranteed that your request will be granted. If you want a copy of your records, a reasonable fee will be charged for complying with your request. Further explanation of your rights pertaining to your records are explained in the attached Your Health Information Rights.

I do not provide consultations for the court system. Our therapeutic relationship is confidential and I do not provide assessments or information to the court or legal system unless ordered to by the court. I am happy to refer you to other Licensed Professionals who may be able to assist you.

Please note for parents of child clients: Parents of children under the age of 13 have the legal right to the content of the therapy sessions. However, in order for therapy to be most effective, it is necessary for there to be confidentiality between the client and therapist. For this reason, I maintain confidentiality with my child clients, unless there is material that I believe the parent needs, at which point I will contact you. I will provide general updates of the child's progress, as often as you prefer, but will omit specific details unless I believe them to be necessary. If you are uncomfortable with this arrangement, please speak to me before therapy commences.

Appointments and Cancellations

Your appointment time is held specifically for you. As a rule, appointments canceled less than 24 hours before the scheduled time will be billed at the usual hourly rate. There is no charge for appointments canceled or rescheduled 24 hours or more hours in advance.

Payment Policies

The therapy charge covers a 50-minute visit. If time spent for your appointment is more than 50 minutes the charges will be increased accordingly. In addition to fees for initial evaluation and individual or family sessions, there may be charges for tests, reports, letters or telephone calls on your behalf to physicians, attorneys, agencies, schools, etc. and for phone consultations longer than 15 minutes.

My fees are as follows:

- Individual Therapy/Family Therapy: \$120-\$150 per 50-minute session
- Parent Coaching: \$120-\$150 per 50-minute session
- Couples Counseling: \$120-\$150 per 50-minute session

Finding Center Counseling reserves the right to change prices over time. When doing so, increases will be discussed to maintain a therapeutic relationship and time will be given to adjust.

Electronic Communications: If you wish to communicate with me via e-mail, text, or cell phone, please be aware that, e-mail, cell phones and text communication can be relatively easily accessed by unauthorized people and hence can compromise the privacy and confidentiality of such communication. E-mails, in particular are vulnerable to such unauthorized access due to the fact that servers have unlimited and direct access to all e-mails that go through them. Additionally, my e-mails are not encrypted. As part of this contract, if you choose to communicate with me through text, e-mail or cell phone, you are agreeing not to hold me responsible for any breach of confidentiality that may occur by someone else accessing the information sent to or from me.

Consultation

For my own professional development and effectiveness I may consult with professional colleagues. If I discuss your situation with any consultant I will do so in a manner that protects your confidentiality.

Professional Ethics and Practice Standards

The Washington State Social Worker Licensure Law ensures competence and conformity to ethical and practice standards. The law provides a complaint/discipline recourse and procedure in the event a client believes these standards have not been upheld. As a Social Worker, I am also committed to following the Code of Ethics set forth by the National Association of Social Workers. I will be glad to discuss this code with you. However, should you have issues concerning my ethics or conduct which cannot be resolved directly with me, you can contact the Department of Health, P.O. Box 9649, Olympia WA 98504. (tel: 360-236-4700)

Department of Health Statement

“Counselors practicing for a fee must be registered or certified with the Department of Licensing for protection of the public health and safety. Registration of an individual with the department does not include a recognition of any practice standards, not necessarily implies the effectiveness of any treatment”

I have read and understand the disclosure statement prepared by Jennifer Given-Helms, LSWAIC, and have had the opportunity to discuss the contents with her. I understand the meaning of this information.

I understand I am fully responsible for payment for care I receive. I understand an administrative service charge of 1% per month will be charged on all unpaid balances. I authorize payment of medical benefits to my Mental Health Provider for services rendered. I authorize Jennifer Given-Helms, LICSW, to release any information required for services rendered by this office.

(Client signature) Date: _____

(Client name-please print)

(Client signature) Date: _____