



Karla J West, PhD., LCPC, LMFT, BCPCC

COUNSELING GUIDELINES, RIGHTS AND RESPONSIBILITIES

The mission of the counselors at Synchronicity Counseling is to offer a holistic, non-judgmental approach to therapy with an understanding that all human beings experience individual challenges. The counselors each hold the belief that people can find a way to heal, transform and grow. The counselors have made a commitment to work collaboratively with clients to discover the insight and strength to achieve that goal.

Counseling Process:

Sessions are typically 50 minutes in length. Frequency of sessions varies depending upon issues presented, client preferences, etc., and will be established during consultation with your counselor. **The termination of counseling can be determined by you or your counselor at any time.** My primary purpose is to help you become effective in dealing with concerns that influence your ability to achieve success in pursuit of personal goals. I want to help you explore your concerns, provide support, and incorporate your goals into a plan for the future. In order to provide these services efficiently, your active participation is required. Oftentimes, your effort is needed inside of, and outside of session, to gain the most benefit from what is discussed in session.

Client Rights and Responsibilities:

- You have the right to be informed of the counselor's licensing status and clinical experience, including the limitations and restrictions of services.
- You have the right to be informed of the purpose, goals, techniques, procedures, limitations, potential risks, and benefits to counseling.
- You have the right to request to be seen by another counselor if dissatisfied with the counselor assigned to you.
- You have the right to terminate counseling at any time.
- You have the right to ask questions about techniques and strategies used during counseling.
- You have the right to refuse any services and to understand the implications of refusal.
- You have the right to actively participate in the development of a plan for self-improvement.
- You have the right to expect fair and equal treatment in all circumstances.
- Counseling records are the property of Karla J West PhD., LCPC, LMFT, BCPCC. However, you do have the right to the information contained within your records. If information from your record needs to be transferred to a third party, a release of information must be signed and submitted.

Benefits of Counseling:

Benefits of counseling may include: an improved ability to relate to others; a clearer understanding of self, your values and/or goals; increased productivity; and an ability to cope with everyday stress. There are no guarantees that counseling goals will be achieved.

Risks of Counseling

While benefits are expected from the counseling process, there may be periods of increased anxiety or confusion, which may affect significant relationships, your job and your understanding of self. Therapy often times needs to go deep. Rather than turning away from our suffering, healing sometimes requires an exploration into the depth of the wounds that fuel our beliefs, feelings, and behaviors. It is impossible to predict the extent to which you experience these changes. You and your counselor will work together to maximize the benefits of the counseling process.

Confidentiality

Staff consultation is an important aspect of serving my clients' needs. Some cases may be discussed in a supervision session, in order to ensure you are receiving the best possible care. These cases will be discussed with non-identifying information, unless you have given consent. Otherwise, information about you that is obtained during a counseling session will not be revealed to anyone outside of Synchronicity Counseling without your consent, except in the following situations where disclosure is required by law:

- 1) Where there is a reasonable suspicion, or report, of abuse to children or elderly persons.
- 2) Where you present a serious danger to yourself or others.
- 3) If a judge through a court orders a counselor to do so.

Counselor Profile & Credentials

My approach is goal oriented, focusing on coping and problem-solving skills. My special interest areas are marital and premarital relationships, families, spiritual issues, clinical supervision, self-concept, depression, anxiety, and developmental issues. I have six years of extensive study of Christian Theology and offer Christian Biblically based counseling on request.

My primary orientation of counseling is Cognitive Behavioral, within a humanistic framework of considering the whole person: cognitive, emotional, physical, social, environmental and spiritual. I believe people's psychological problems and symptoms are a direct reflection of the way they interpret events, the status of their overall wellness, and their view of purpose and meaning in life. My approach is directive. I challenge clients to develop a rational philosophy of thinking by challenging their self-defeating ideas and behaviors.

I hold a Doctoral degree in Psychology with a specialization in Health Psychology and Behavioral Medicine, and I am a Licensed Marriage & Family Therapist, a Licensed Clinical Professional Counselor, and an Internationally Board Certified Professional Christian Counselor. I have over twelve years of professional experience working with individuals, couples, and families. I am currently a Staff Psychologist, Instructor, Supervisor, and Trainer with Health, Wellness, and Counseling Services at Boise State University. I have been married 30 years, raised 3 children, and currently have 6 grandchildren.

Costs:

The cost for an individual session is \$85.00. The cost for a couple's session is \$95.00. Sessions typically last 50 minutes. Couple's sessions that are scheduled for 80 minutes will be charged \$110.

The cost for a supervision session is \$85.00 for supervision scheduled at one session per month and \$65.00 a session for supervision scheduled for two or more sessions per month.

In the case of a returned check for insufficient funds, a \$20 fee will be assessed to cover bank processing fees. Your counselor may choose to utilize a third party collection agency if you default on the terms of the payment option and fail to pay in full at the time of services.

Cancellation Policy: If you must cancel an appointment please call at least 24 hours in advance to allow me to reschedule another client who needs my services. Appointments not cancelled or rescheduled within this time limit will result in a charge of the full fee for that session.

YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THIS AGREEMENT AND AGREE TO THE TERMS.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____