

Elizabeth Glover
Registered Psychotherapist
Counselor-in-Training

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Disclosure Statement

My Qualifications and Regulatory Requirements

I completed a Bachelor's Degree from Oklahoma State University in Human Environmental Sciences with an emphasis in Human Development and Family Sciences and Early Childhood Development in 2011. After graduation, I taught for seven years and during this time started my graduate studies in Clinical Mental Health Counseling at Adams State University in Alamosa, Colorado. I am a Registered Psychotherapist and I am in my last semesters of graduate school and will be working on my licensure soon. I work with adults, couples, families, adolescents, and children.

The state regulatory requirements for mental health professionals provide that a Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. A Licensed Social Worker must hold a masters degree in social work. A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical Masters degree and meet the CAC III requirements. A Registered Psychotherapist is registered with the State Board of Registered Psychotherapists, and is not licensed or certified.

The Therapeutic Process

Change has many costs and benefits, all of which cannot be foreseen. Some possible benefits that may be gained from participating in therapy include more positive relationships, a greater sense of self, a stronger sense of happiness and empowerment, and for children, improved behavior at home and school. In working to achieve these benefits, however, people may experience significant discomfort. Remembering and working through unpleasant events or attempting to change negative behaviors can bring up feelings of anger, fear, depression, frustration, and confusion. As a result, you or your child may have the experience of things getting worse before they get better. While our goal is to improve the quality of life for you or your child, there can be no guarantee of a "cure" in the practice of psychotherapy.

The Length of Therapy

Generally, therapy sessions are 50 minutes long. In my work with children, I will conduct a 40 minute session with your child followed by a 5-10 minute discussion with you. Typically, I schedule sessions on a weekly basis, but as therapy progresses, it may be helpful to schedule more or less frequently depending upon the needs of you or your child. The length of therapy depends on several factors in your or your child's past and present experiences. Generally, the more distant or severe the issue, the longer the process will take. Your progress will be accelerated with your regular and timely attendance. Most important for each child's progress is the caretaker's support through participation in their child's therapy as well as seeking help and knowledge for themselves.

Office Hours and Emergencies

I am in the office by appointment, generally on Monday and Wednesday evenings, some Fridays, and Saturday and Sunday. I check my phone messages and email throughout the week. I do not provide on-call emergency services. If there is an emergency and you cannot reach me, you may call 911 or go to the nearest emergency room. You may also contact the local suicide hotline at 221-2114 during business hours or 221-5551 after hours. When I am on vacation or out of the office, my voicemail will have the contact information for another therapist who will cover my cases for my current clients who may need to speak with a therapist.

Fees

My standard charge per session is \$75 unless we have made arrangements otherwise. **Payment is due in full at the time of service.** I accept cash, checks, and credit cards. **Please refer to the Financial Policy for more details on my fees and billing policies.**

Confidentiality

Under specific Colorado statutes and regulations, all information provided by you during therapy sessions is legally confidential to persons or agencies outside of therapy, and can only be shared with your written permission. However, there are certain exceptions to confidentiality including the following: (1) I am required to report any suspected child abuse or neglect to Child Protection Services and/or Law Enforcement; (2) I am required to report any suspected abuse or neglect of an at-risk adult or elderly person; (3) I am required to report any threat of imminent physical harm by a client to law enforcement and to the person(s) threatened; (4) I am required to initiate a mental health evaluation of a client who is imminently dangerous to self or others (suicidal or homicidal), or who is gravely disabled as a result of a mental disorder; (5) I am required to report any suspected threat to national security to federal officers; and, (6) I may be ordered by a court of law to disclose treatment information. Please note that when I am concerned about a client's safety, it is my policy to request a Welfare Check through local law enforcement. In doing so, I may disclose to law enforcement officers information regarding my concerns. By signing this Disclosure Statement and agreeing to treatment with me, you consent to this practice, if it should become necessary.

Professional Consultation

The highest standard of practice for mental health professionals is to receive consultation/supervision from their colleagues and/or a supervisor in order to maintain the highest quality of services. I participate in consultation/supervision weekly with my supervisor Brook Bretthauer. I will also consult with a professor and fellow counseling students at Adams State University. In these groups, we avoid giving identifying information and the therapists are bound by strict confidentiality laws. If you are interested, I will provide you a list of names of the therapists who participate in the groups. If you know any of these therapists personally, professionally, or otherwise, please let me know and I will not discuss your case with them in any manner.

Secrets

When working with couples and families, it is my philosophy that honesty between individuals is important, and keeping secrets is typically damaging to relationships. In order to help families and couples address their issues, having the option to discuss information openly is vital. As such, I will use my clinical judgment in regards to sharing information/keeping secrets in couple or family sessions that have been disclosed during individual sessions. If this is a concern for you, you and I will have a conversation about how to best share that information. *Please note that I will never disclose information in situations where your safety may be at risk.*

Client's Rights and Grievance Procedure

As a client in therapy, you have the following rights:

- 1) You have the right to be treated with dignity and respect.
- 2) You are entitled to information about any procedures, methods of therapy, techniques, fees and the possible duration of therapy.
- 3) You have the right to terminate therapy at any time without any moral, legal, or financial obligations other than those you have already accrued.
- 4) You have the right to receive a second opinion from another therapist or to change therapists at any time. If you wish, I will provide the names of at least three other qualified professionals whose services you may prefer.
- 5) You have the right to review and/or receive a summary of your records at any time.
- 6) In a professional relationship, sexual intimacy between a therapist and client is never appropriate. If sexual intimacy of any kind occurs, it should be immediately reported to the State Grievance Board.
- 7) You have a right to expect confidentiality within the limits described above. If you request it, any part of your records can be released to any person or agency you designate.
- 8) You have the right not to be discriminated against due to race or ethnicity, sex or gender, age, religion, education, ability, sexual orientation, or socioeconomic status.
- 9) You have the right to be informed of your rights in a way that you understand.
- 10) You have a right to make a complaint or grievance at any time without retaliation.

If you have complaints or concerns about the way that you have been treated or the services you have received, you may speak directly with me and/or file a grievance with the State Grievance Board at 1560 Broadway, Suite #1350; Denver, CO, 80202; (303) 894-7766.