

Carroll Campion, Ed.S, LPC
Licensed Professional Counselor Virginia #0701004825
803 479-2587

Family Counseling of Springfield
8440 Old Keene Mill Road Suite B
Springfield, VA 22152

Counseling Office Hours
Evenings

Informed Consent

This document contains important information about my professional services and business policies. Please read it carefully and note any questions you may need answered. Once you sign this consent form, it will constitute an agreement between you and me.

Qualifications

I earned a Masters and an Ed.S in Counseling Education from University of South Carolina, Columbia, South Carolina. I hold license number 0701004825 as a Virginia Licensed Professional Counselor (Department of Health Professionals in Richmond Virginia) and continue LPC in South Carolina. I am an approved Supervisor for residents seeking credentials as a Licensed Professional Counselor.

Nature of Counseling Services

Psychotherapy is the process where mental health distresses and disorders are assessed, prevented, evaluated, and treated. There are a variety of techniques that can be utilized to deal with problem(s) brought to therapy. These services are generally unlike any services you may receive from a physician in that they require your active participation and cooperation.

Psychotherapy has both benefits and risks. Possible risks include the experience of uncomfortable feelings (such as sadness, guilt, anxiety, anger, frustration, loneliness, or helplessness) or the recall of unpleasant events in your life. Potential benefits include significant reduction in feelings of distress, better relationships, better problem-solving and coping skills, and resolutions of specific problems. Given the nature of psychotherapy, it is difficult to make predictions on outcomes, but I will do my best to make sure you are able to handle the risks and experience the benefits. However, psychotherapy remains an inexact science and no guarantees can be made regarding outcomes.

Procedures

Therapy usually starts with an evaluation that may take several sessions. During the evaluation, several decisions should be made:

- I will decide if I can provide the needed services
- You will decide if you are comfortable with me and I with you
- We will decide on goals and how to achieve them

At the end of the evaluation, I will offer you an initial impression of what therapy will involve, should you decide to continue. Therapy generally involves a commitment of time, money, and energy. If you have questions about any of the procedures recommended; feel free to discuss these openly. If you want to select another therapist, I can help you with a referral.

If you decide to work with me, my sessions begin 10 minutes past the top of the hour and are usually between 50 and 90 minutes long depending upon the issues being discussed. The length of psychotherapy (in weeks or months) is difficult to predict but it will be our goal to move forward in an expedient manner.

Fee-Related Issues

- Evaluation and Intake Interview: \$160
- Individual sessions: \$140.00
- Family/Group sessions: \$155.00
- Extended session (90 minute): \$200
- Form of payment:
Cash checks and credit cards. *Fees will be collected at each session.* You may pay before session by going to Professionalcharges.com:
 1. Follow prompts to "Make a payment"
 2. Enter my LPC license number (0701004825)
 3. Enter charge account information
- Canceling a session: Please provide **24 hours notice** of a cancelled session. Failure to do this will result in being charged \$50.00. Once an insurance/EAP claim is filed if reimbursement is not received within 90 days the balance will be charge to client's credit card. Due to the nature my work the possibility exists that I may cancel a session due to an emergency. In case of inclement weather office will follow FCPS school closing decision. If school is closed office is closed and appointments will be rescheduled.

Contact Hours

I am available for limited for telephone services. You can cancel and reschedule sessions by confidential voice mail by calling 803-479-2587 and leaving a

message. If you need to reschedule an appointment, I will try to return your call promptly, with the exception of calls made after-hours or on weekends and holidays. If you are difficult to reach, please leave some times when you will be available. Text messages are only to be sent if running late to the appointment. If you have an emergency please call 9-1-1. I do not provide emergency services or facilities.

Record-Keeping Procedures

Both law and the standards of the counseling profession require that I keep treatment records. I will be happy to provide your records to an appropriate mental health professional of your choice. Although you are entitled to receive a copy of your records if you wish to see them, I prefer to prepare an appropriate summary. Because client records are professional documents, they can be misinterpreted and can be upsetting. If you insist on seeing your records, it is best to review them with me so that we can discuss their content. Clients will be charged an appropriate fee for any preparation time that is required to comply with an informal request for record review.

Confidentiality

The law protects the confidentiality of all communications between a client and a therapist. I can release information to others about your therapy only with your written permission (in the form of a Release of Information). However, there are a number of exceptions

- Client is a danger to self / others
- Client requests release of information
- Court orders a release of information
- Counselor is engaged in a systematic supervision process
- Clerical assistants who process client information and papers
- Legal and clinical consultation situations
- Client initiates a malpractice lawsuit
- A child is abused or neglected
- An elderly person is abused or neglected
- An insurance company or managed care company requests a diagnosis and/ or relevant clinical information.

Physical Health

Psychological disorders and symptoms often have a strong correlation with medical illnesses. At times, some medical conditions require a medical differential diagnosis to determine symptom etiology. If your presenting symptoms are organic in origin, it is critical that you obtain medical treatment. Therefore, if you have not had a physical in the last 6 months it is recommended that you do so. In addition, prescription and nonprescription medications may have significant side effects that may be important for us to consider. I expect full disclosure of

all medicines and drug intake and may request a Release of Information so that I can coordinate therapeutic services with your physician.

Signatures Verifying Agreement

Your signature below indicates that you have read the information in this document, have understood it, have received a copy, and you agree to abide by its terms as long as you are my client.

Client Signature and Date

Witness Signature and Date