

READ AND KEEP FOR YOUR RECORDS

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DISCLOSURE STATEMENT

Your Rights

As a mental health consumer, your rights are safeguarded by the Counselor Credentialing Act, legislation that protects public health and safety by establishing a process to follow should your counselor engage in acts of unprofessional conduct. The State also mandates that you be informed of statute 54-3410A that reads:

“Persons licensed under this chapter shall provide clients at the beginning of treatment with accurate disclosure information concerning their practice, including the right of clients to refuse treatment, the responsibility of clients for choosing the provider and treatment modality, and the extent of confidentiality.”

I hold a Master of Social Work from Eastern Washington University and I am a Clinical Social Worker in good standing. I participate in clinical consultations with other behavioral health professionals and attend continuing education trainings to ensure my skills remain up to date. My experience and training include: working with adults and teens seeking individual and relationship counseling in community mental health and private practice settings.

Orientation & Treatment Methods

I work with people who are experiencing difficulties that show up as relationship problems (work, school or personal), depression, anxiety, and low self-esteem. Additional and extensive specialized training allows me to work with people who have experienced trauma, grief and loss, relationship issues and personality disorders.

My therapeutic orientation draws from several theoretical approaches that I use according to the individual needs of each client but centers around strengths based, person centered theories and behavioral techniques (CBT and DBT).

Basic to my approach is collaboration with and respect for the client and his or her ability to grow and change and discover what holds him or her back. All aspects of a person's life—family and relationship history, work, health, creative outlets, and spiritual beliefs—may need to be considered. Therapy takes time and will require effort and commitment from you, the client. The outcomes are variable and depend on the decisions you make and actions you take. When engaging in therapy, a client's symptoms can get worse before they get better.

FEES & BUSINESS PRACTICES

My fee is \$90 for each individual session other than the initial/diagnostic session which is \$125. The presence of an additional individual during the session may incur an additional fee of \$25 for that session. In order to contract with insurance companies, I am required to collect the patient co-pay. If this copay would keep you from attending therapy, please discuss this issue with me. There may be a sliding fee available should finances keep you from obtaining medically necessary treatment. Please discuss this need with me and I will make every effort to either meet your needs or assist you in finding affordable treatment. Payment is due at the time of service. ***If you are unable to keep your appointment for any reason, give at least 24 hours advance notice; otherwise, you will be responsible for paying your fee for that session (which another client would have filled) before any further sessions will be scheduled.*** Any other

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services required like extended phone calls or report writing may be charged in addition to session fees.

Therapy sessions last approximately 45-60 minutes (average 50-55 minutes) dependent upon client need and at Therapist's discretion. Your appointment time is reserved exclusively for you. It is therefore important that you be on time, as it is rarely possible to extend your session time. I will be on time for sessions; however, should there be a client in crisis, I will keep you waiting as little as I possibly can.

Communication via text for scheduling purposes is preferred but I check also my voicemail several times a day. Please let me know if you prefer to not be communicated with via text for scheduling purposes. When I am on vacation or out of town on business, you may ask for, and I will provide referral to, another therapist. In the event that I am subject to a sudden illness or injury and cannot conduct my normal affairs, a professional colleague who is committed to ensuring your confidentiality will notify you.

CONFIDENTIALITY

The accompanying *Notice of Privacy Practices* outlines your rights and my obligations regarding the confidentiality of the content of your counseling sessions. In general, information may only be released to another party with a "Release of Information" request signed by you. Some exceptions to this policy include the following situations:

- If you threaten dangerous action or bodily harm to yourself or another, I am required by law to intervene.
- If you inform me of any current physical or sexual abuse, involving a minor, elderly adult or physically or mentally disabled person (or otherwise vulnerable individual), I am required by law to notify the proper protective agencies.
- If I am served with a court order to release my records, I will vigorously endeavor and work with you to protect these records from unwarranted legal system intrusion.

As the primary client, you have a right to see and copy your treatment record. You may also ask to correct the record. If your record contains information disclosed by a significant other interviewed during your absence from the session, this information cannot be released to you without that individual's written consent. I may charge a reasonable fee for photocopying any portion of your record.