

Client Information

Counseling at Water's Edge Christian Counseling is conducted by a Licensed Mental Health Counselor Associate who is also trained in Biblical counseling. The therapy is an integrated approach of psychology and theory with prayer, scripture, and spiritual disciplines. The approach is under the belief that emotions, thoughts, behaviors, biology, and spiritual formation/beliefs are woven together into a unique personality that makes you purposeful. The therapy technique is eclectic, as it is customized to your circumstances and learning style, but lends toward cognitive behavioral therapy.

Definitions

The following words and terms, when used in this document, shall have the following meanings unless the context clearly indicates otherwise.

1. Counselor- a provider of mental, emotional, and spiritual help utilizing principles from, but not limited to, theology, human development, mental health, education, psychology, social work, marriage and family therapy, and guidance and counseling.
2. **Licensed Mental Health Counselor (LMHC)**- A person who is licensed by the state of Washington as a Mental Health Counselor
3. **Licensed Mental Health Counselor Associate (LMHCA)**- A person who holds a temporary license to practice counseling and is under the supervision of a state of Washington approved counseling supervisor.
4. **Licensed Independent Clinical Social Worker (LICSW)**- A person who is licensed by the state of Washington as a Licensed Independent Clinical Social Worker.
5. **Master of Arts in Marriage and Family Therapy (MAMFT)**- A master's degree from an accredited institution.
6. **Certified Mental Health Supervisor (CMHS)**- A person approved by the state of Washington to give oversight to another counselor, associate, or graduate practicum student.
7. **Intensives**- A session requested by the client that involves extra time in order to explore deeper into issues.

Courtney San Miguel, LMHC, MAMFT graduated top of her class from Texas Christian University with a baccalaureate in Psychology then achieved a Master of Arts in Marriage and Family Therapy at Southwestern Baptist Theological Seminary. She is a member of the American Association of Christian Counselors.

Supervision

As a Mental Health Counselor Associate, counseling process and case management will be discussed with a counseling supervisor on a regular basis under a Washington approved supervisor. The counselor may request permission to record your session or have another counselor participate in your session, as a part of clinical supervision and training.

Collaboration

Under HIPPA law, your counselor may discuss your case management including individual issues with other counselors in the field for the purpose of providing appropriate help and counsel to you.

Relationship

Your relationship with your counselor is a therapeutic relationship. Please do not allow personal and/or business relationships to undermine the effectiveness of the therapeutic relationship.

Confidentiality

Water's Edge Christian Counseling, PLLC will make every effort to safeguard your information within our agency. No information will be released without the client's written consent unless mandated by law. Possible exceptions to confidentiality include but are not limited to the following situations: abuse or neglect of minors; abuse, neglect, or exploitation of elderly or disabled persons; abuse, neglect, and illegal, unprofessional, or unethical conduct in an in-patient mental health facility, a chemical dependency treatment facility or a hospital providing comprehensive medical rehabilitation services; sexual exploitation by a mental health provider; HIV infection and possible transmission; criminal prosecutions; child custody cases; suits in which the mental health of a party is in issue; situations where the counselor has a duty to disclose, or where, in the counselor's judgement, it is necessary to warn, notify, or disclose; fee disputes between the counselor and the client; a negligence suit brought by the client against the counselor; or the filing of a complaint with the department of health or other state or federal regulatory authority. For further information, review the *Notice of Privacy Practices* furnished to you by the counselor and online. If you have any questions regarding confidentiality, please discuss them with your counselor. By signing the *Consent to Counseling*, you are giving consent to your counselor to share confidential information with all persons mandated by law, and with the agency that referred you, and the companies involved in you're the storing and processing of your electronic medical record, and the managed care company and/or insurance carrier responsible for providing your mental health care services and payment for those services, and you are also releasing and holding harmless your counselor from any departure from your right of confidentiality that may result.

Duty to Warn

A counselor may take reasonable action to inform medical or law enforcement personnel if the counselor determines that there is a probability of imminent physical injury by the client to the client or others or there is a probability of immediate mental or emotional injury to the client. By signing the *Consent to Counseling*, you consent for the counselor to warn the person in danger and to contact any person in a position to prevent harm to yourself or another person, in addition to medical and law enforcement personnel. You waive all rights to confidentiality under these circumstances and agree to hold harmless the counselor, Water's Edge Christian Counseling, PLLC, The Hallows Church, and the Saturn Building.

Goals, Purposes, and Techniques of Counseling

There may be alternative ways to effectively deal with the difficulties you are experiencing. It is important for you to discuss any questions you may have regarding the treatment recommended by your counselor and to have input into setting the goals of your sessions. Note: goals may change.

Risks in Counseling

While counseling may be tremendously beneficial, there can be some risks. These risks may include the experience of intense and unwanted feelings. It is important to remember that these feelings may be

natural, normal, and are an important part of the counseling process. Other risks of counseling may include: recalling unpleasant life events; facing unpleasant thoughts and beliefs; increased awareness of feelings, values, and experiences; alteration of an individual's thinking; and calling into question some or many of your beliefs and values. Your counselor will be available to discuss any of your assumptions, problems, or possible side effects of your working together.

Appointments/Hours of Operation

I see clients by appointment only, Tuesdays and Thursdays, 8am-12pm. I observe some national holidays and other occasional dates.

Inclement Weather

I will notify if sessions need to be rescheduled. Please check online or call if you have questions.

Medical Emergencies

Emergencies are urgent issues requiring immediate action. Please call 911 for all emergencies.

Cancellations

Since I operate on an appointment only basis, your appointment time is reserved exclusively for you. Please make every effort to be on time for your appointment. Please notify me at least 24 hours in advance if it is necessary to cancel or change a scheduled appointment. Cancellations less than 24 hours in advance result in loss of opportunity to help someone else who could have used that appointment time. A \$100 fee will be assessed if this policy is not adhered to by the client. If a client misses an appointment without any notification, the client will be charged the full \$150 for the lost appointment. Any fees applied due to scheduling will be collected at the client's next session.

Sessions

Sessions are typically 50 minutes in length but may take longer for assessments or testing. Intensives can take 2 hours. Sessions are charged by the hour. The number of sessions needed depends on many factors and may be discussed with your counselor. Sessions conducted via telehealth and phone are charged equally.

Fees for Services

1. \$150 Fee per 50 minute session
2. \$225 1.5 hour Relationship counseling or specialized assessment session
3. \$300 Intensive session
4. I do not file insurance
 - a. I have chosen to follow a fee base only model for many reasons
 - i. When filing insurance, I must give a mental health diagnosis for insurance to reimburse you. By not filing, a mental health diagnosis (i.e. depression) will not follow you on your medical record
 - ii. An insurance company does not dictate to you or me how I can help you (such as number of sessions, etc.)
 - iii. Not filing insurance reduces my administrative costs and I am able to pass these savings along to you.
5. Additional costs

- a. Although it is the goal of Water's Edge Christian Counseling, PLLC to safeguard your information and records, there may be times when disclosure of your records or testimony will be compelled by law. Confidentiality and exceptions to confidentiality are discussed within this document. It is my policy not to be involved in legal issues regarding divorce or child custody disputes. However, in the event disclosure of your records or the counselor's testimony are required by law, you will be responsible for and shall pay the costs involved in producing the records, travel expenses, as well as the counselor's normal session rate per hour for the total number of hours it takes in preparation for and/or in giving testimony in court or deposition. Such payments are to be made at the time the services are rendered by the counselor. The counselor may require a deposit for anticipated court or depositions appearances and preparation.
6. You are responsible for full payment of fees at the time of each session.

Change in Client Status

Water's Edge Christian Counseling, PLLC requests all medical records be kept current. If you move or change phone numbers for example, please provide current information in your Therapy Portal.

Change in Counselor Status

All files and records are the property of Water's Edge Christian Counseling, PLLC, not your counselor. In the event your counselor can no longer provide services to you due to reasons such as medical, personal, incapacity, or death, you acknowledge it will become necessary for you to seek out further counseling with another counselor. At such event, a Jennifer Dour, LMHC (LH61187224), will manage any appointments and/or remaining active accounts. Inactive accounts (inactive for 6+ years) will be destroyed.

Termination

Termination of counseling may occur at any time and may be initiated by either the client or the counselor. I request that if a decision to terminate is being made, that there be a minimum of a seven day notice in order that a final termination session may be scheduled.

Complaints

Courtney San Miguel is the director of Water's Edge Christian Counseling, PLLC and may be contacted regarding any complaints in writing or by phone at:

watersedgescounselingseattle@gmail.com

206-519-7117

In addition, you may contact the Department of Health:

Washington State Department of Health
Health Systems Quality Assurance
Complaint Intake
P. O. Box 47857
Olympia, WA 98504-7857
360-236-4700