

Christy Neher, Licensed Professional Counselor

CONSENT FOR SERVICES

Welcome. Please review this Consent for Services form. Your counselor will review it with you at the beginning of your first session.

Services Available:

Counseling

At one time or another, we all face stressful situations, conflicts or doubts that invite a journey into ourselves in search of understanding and purpose. As your counselor, my goal is to work within the framework of each person’s individual beliefs and goals.

EMDR

EMDR (Eye Movement Desensitization and Reprocessing) is an alternative to traditional talk therapy that is used to treat a range of problems including (but not limited to) anxiety, post-traumatic stress, depression, and addictions.

After (a) successful EMDR session(s), the images, sounds, and feelings about a distressing event are no longer relieved or felt when brought to mind. Although it is still remembered, it is less upsetting.

It is important to understand that the original EMDR protocol has eight stages. Depending on a number of factors (length of session, amount of trauma, the age that trauma or traumas occurred, coping patterns, etc) individuals progress through stages at different rates. The first three stages involve assessment and preparation for strong emotions that may come up during bilateral stimulation. Memories and coinciding emotions, negative cognitions, and physical distress are identified. The preparation phases are important and necessary for ensuring a sense of safety and an overall successful EMDR experience. Bilateral stimulation may be performed by guiding the eyes in a back and forth pattern, with a headset, and/or with “pulsers” that vibrate alternately in your hands. Stages four through six, the bilateral stimulation stages, may be repeated several times until you are desensitized to physical and emotional distress. Stages seven and eight are used to “install” new positive beliefs and physical comfort that may arise following desensitization.

Mediation

Mediation is offered to two or more people who are in conflict and wish to better understand the issues involved and to reach resolution on as many issues as possible. No legal advice is given during mediation, but general legal principals may be discussed. You should seek the advice of an attorney if you wish to apply any of the

principles discussed to any specific situation. Any documents produced in mediation are not legally binding.

Christy Neher, Licensed Professional Counselor

Consent for Services - Page 2 of 4

Statement of Confidentiality

It is my policy to protect the privacy of every client. Generally, no one will be given any information about you - or services furnished to you - without your prior written authorization or consent. There are a few circumstances which require the disclosure of information without your consent:

1. When there is an imminent risk or serious threat of physical harm to self or to others. (including suicidal or homicidal thoughts)
2. If there is disclosure of harm toward a child or an elderly individual.
3. When specifically ordered by a court of law through a subpoena of either written records or the therapist.
4. When there is a balance for over 10 days, Accounts Receivables- LFH Incredible, Inc- will be notified and may contact you.

Telephone calls and text messages in non-emergency situations

While I make every effort to take your calls and respond to text messages, there may be a time when I am not able to do so. If I do not answer your call between the hours of 8:30 am and 6:00 pm, please leave a message. It is possible that telephone calls after 6:00 pm will be returned the next working day.

On occasion, I refer clients to other professionals when I determine that the counseling relationship (between myself and the client) is not therapeutic- or if I feel that someone else could better meet their needs. In my initial session I conduct an assessment (via interview and observations) which often gives me insight as to whether I need to make referrals. However, it sometimes takes more sessions to recognize this.

Emergencies

In the event of a crisis, please go to the nearest Emergency Room or call 911.

**Complaints**

I take my profession seriously and strive to provide the highest quality, ethical care. If you have a concern, please address that directly with me so that we can identify a solution.

If you still want to file a complaint you can contact the [Texas Behavioral Health Executive Council](https://www.bhec.texas.gov/discipline-and-complaints/index.html) at 1-800-821-3205 or you can visit their website to fill out their online form.

Fees

The fees for counseling are $180 per 50-minute session, $260 per 75 minute session, and $330 per 100-minute session. Extended Sessions (over 100 minutes) are offered on a case-by-case basis and are additional $70 per 25 minutes.

Christy Neher, Licensed Professional Counselor

Consent for Services - Page 3 of 4

College students enrolled in at least 6 credit hours may be eligible for a discount. Discounts will be granted upon receipt of requested documentation.

Longer sessions are recommended for EMDR sessions.

There is a $10 per session- fee to pay with a card (credit, debit, HAS), but no fee for paying with cash or check.

I do not bill insurance directly but will prepare and provide a monthly super-bill so that you can file an out-of-network claim. The decision to reimburse is dependent on your insurance provider. Please request superbills by texting me. I will need the name of the policyholder and their employer if it is not you.

Appointments and Cancellations

There is a charge for no-shows and appointments cancelled less than 24 hours before a scheduled appointment. The credit or debit card on file will be run for $190 for standard sessions that are cancelled less than 24 hours before, and for $225 for any extended (75 minutes and more) sessions that are cancelled less than 24 hours before. Please cancel by speaking with me (Christy Neher) directly or sending a text message to (214) 699-7762. Your signature on this consent indicates that you understand that you will be charged in the event that you do not show at all for a scheduled appointment or if you cancel less than 24 hours before the time it is scheduled to begin. If you cannot drive to your appointment but are still available to meet via telehealth or phone, please text me at least 60 minutes prior to your appointment and I am happy to accommodate that.

**Referrals**

On occasion, I refer clients to other professionals if I determine that the counseling relationship (between myself and the client) is not therapeutic or if I feel that someone else could better meet their needs. In my initial session I conduct an assessment (via interview and observations) which often gives me insight as to whether I need to make referrals. However, it sometimes takes more sessions to recognize this.

Christy Neher, Licensed Professional Counselor

Consent for Services - Page 4 of 4

Client Signature

I understand the policies and parameters of this consent. I also understand that this consent may need to be updated and re-signed periodically. I am 18 years of age or older, or I have legal custody of this minor child(ren). I understand and accept the above information. I authorize Christy Neher to provide counseling and therapy services to me.

Client/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_

Client/ Guardian Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Counselor Signature Date \_\_ \_\_\_\_

**Credit card type and #**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CVC (3 digit code) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Expiration date \_\_\_\_\_\_\_\_\_\_\_**

**Billing Zip Code \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**