

# **Informed Consent for Counseling and our Fee Policy Agreement**

## **Welcome**

Grace in Motion Counseling welcomes you as a potential client. We believe it is important for you to be informed about the nature of counseling and the policies and procedures governing the help you will receive here, the fees charged for our services, and your rights as a client. After you have read this statement we ask that you sign the Billing Acknowledgement Form, signifying your general consent to therapy.

## **Therapy Process**

Therapy begins with an *intake process* designed to evaluate your needs and to help you and the therapist decide about engaging in therapy. This may take one interview or a series. If becoming a client here does not seem feasible, we can provide you with a suitable referral. The therapy process itself may take many forms, depending on the issues that need to be addressed and how far you wish to go in dealing with them. Treatment is guided by a treatment plan that you and your therapist both agree to pursue. Our methods of treatment are based on standard psychological models which are enhanced by the counselor's theological/spiritual perspective. These methods may be combined with the client's value and belief systems, including the client's religious perspective, if any. Treatment alternatives are available and you have the right to inquire about the duration of therapy and seek additional opinions concerning treatment.

## **Confidentiality**

What you tell your therapist will be kept strictly confidential and will not be revealed to other persons or agencies without your written permission, except when mandated by state and federal statutes. By law, there are circumstances when the therapist must report information to the appropriate persons or agencies.

Please be aware that your case records may be viewed by Grace in Motion staff, consultants, and accreditation reviewers for purposes of diagnosis, treatment and quality control. In all other instances, your written permission is required before your therapist can reveal information about your treatment.

## **Emergencies**

GMC is not an emergency care facility, nor do we provide after hour's emergency care. If you have an urgent concern, your counselor will try to schedule an appointment with you as soon as possible. Should you need emergency services, you should call 9-1-1 or go to the nearest emergency room. You may also call the Crisis Line at 452-HELP or 453-4357.

## **Fees and payments**

**FEES:** Range from \$200-270, depending on services rendered.

Fees for counseling are based on the standard therapeutic hour, which is a 50-minute session.

**Sliding scale:** We can base your fee on your family income, for those who are uninsured, underinsured, or for those who have Medicare, Medicaid and Denali kid Care because we are unable to bill those insurances. To qualify, you must fill out a financial packet.

## **Appointments and Cancellations**

All appointments are made directly with your counselor or front office staff. If you are unable to keep a scheduled appointment, PLEASE NOTIFY our staff. You may leave a message on our answering machine if you are unable to reach staff. All clients will be charged the therapist's standard fee for failure to show for an appointment; a no call no show fee will need to be paid before further appointments are made.

Note: This charge is not covered by insurance. Emergency situations will be taken into account.

## **Weather Cancellations**

When Fairbanks North Star Borough closes school due to inclement weather, or when temperatures at the Fairbanks International Airport reach -50 or colder we will close.

## **Insurance and Other Third-Party Payments**

You are responsible for determining if your health insurance covers mental health/counseling. We cannot guarantee that your insurance company will pay your claim. You are responsible for your account balance. Please give us your correct and complete insurance information. If you are covered by more than one policy we need that information. If given incomplete or incorrect information and the insurance company does not pay or asks for a refund, you will be responsible to pay for those services.

## **Ending Therapy**

Therapy ends when the work is done, or at the point you decide to end it. We request that you have at least one face-to-face termination session with your counselor to discuss reasons for termination rather than you terminating by phone or mail. This final session allows time to finish the therapeutic process or provide you with a suitable referral if the connection between you and the therapist is unsatisfactory.