

E Foltz Counseling

Emily Foltz, LCPC, LPC - KS LCPC# 03514, MO LPC# 2015013197

Informed Consent for Psychotherapy

- **General Information**

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me.

- **The Therapeutic Process**

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. I cannot promise that your behavior or circumstance will change. I can promise to support you and do my very best to understand your concerns, goals. I will work to help notice repeating patterns, opportunities to change, and to help you clarify what it is that you want for yourself.

- **Confidentiality**

The session content and all relevant materials to the client's treatment will be held confidential unless the client requests in writing to have all or portions of such content released to a specifically named person/persons. Limitations of such client held privilege of confidentiality exist and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts him/herself in a manner in which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #3 and # 4.
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.
7. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.

- **Other Privacy Concerns**

Occasionally I may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

If we see each other accidentally outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you. Please note, any communication outside of the office or professional means should be brief and exclude therapy topics.

- **About the Therapist**

My name is Emily Foltz, I hold an MA in Professional Counseling from Texas Wesleyan University in December 2014 and am a Licensed Professional Counselor (LPC #2015013197) in the state of Missouri, and a Licensed Clinical Professional Counselor (LCPC #03514) in Kansas. I completed a postgraduate fellowship to earn a certificate in Gender Therapy from The Transgender Institute from January 2015 to March 2016. I have worked independently since 2017, and actively engage in continuing education to stay current in my practice. Areas of emphasis in my education include: LGBTQIA+ counseling, gender and transition, sex and sexuality, trauma, ethics, suicide prevention, and more. You may contact the Missouri Division of Professional Registration at 573-751-0018 or profcounselor@pr.mo.gov, in Kansas you may contact the Kansas Behavioral Sciences Behavioral Board at <https://ksbsrb.ks.gov/complaints> at with any questions or complaints you may encounter in our work together.

- **Payment**

A standard appointment rate is \$125. If you have need of a reduced rate, please let me know so we can discuss reduced rate options. I offer a sliding fee scale starting at \$75 per appointment on an as needed basis. Rates are assessed annually and may be increased with notification.