



Informed Consent Statement

Griselle M. Feisthammel, MA, LMHC, CRC.

Licensed Mental Health Counselor

Thank you for the opportunity to serve as your counselor. This information is designed to inform you about my educational background and training as a Licensed Mental Health Counselor, and to ensure that you understand our professional relationship. I am committed to providing you with quality, professional counseling, and your questions or comments are encouraged.

Education and Credentials

I received my Master of Arts degree in Rehabilitation and Mental Health Counseling with a Certificate in Marriage and Family Therapy from the University of South Florida. I received my Bachelor of Science degree in Psychology from the University of Florida. I am a Licensed Mental Health Counselor (MH18815), and a Certified Rehabilitation Counselor. I have completed level 2 Gottman Couples therapy training with The Gottman Institute, and training in Rapid Resolution Therapy with The Institute for Rapid Resolution Therapy. I assist individuals who are in different walks of life, ranging from pre-adolescents to older adulthood. I have specific training in working with couples and families, and individual therapy that is focused on marital and/or familial issues. I have clinical experience in working with issues that involve anxiety and depression, substance use, non-suicidal self-harm, trauma, and toxic relationships.

Therapeutic Approach

My approach to counseling focuses on using Cognitive Behavioral Therapy as the foundation of treatment, which focuses on how our thoughts affect our behaviors. The most effective aspect of therapy is the therapeutic relationship between the client and therapist, which is called the therapeutic alliance. As a therapist, I give my clients unconditional positive regard, and expect that whatever is said and done in the room is in honesty. Without the participation and motivation for growth and change from the client, the treatment will not move forward.

Sometimes, there are traumas or tragedies that disrupt people's ability to feel good about themselves and connect with the goodness around them. This imbalance can lead to depression, anxiety, addiction and/or other self-defeating behaviors. I will seek to understand your concerns and to help you find effective ways to cope with your problems. I am interested in integrating your spiritual values and beliefs into the counseling process to the extent that you desire. Helping

you find balance in mind, body, spirit and community is one of the best ways to restore your health and well-being.

It is important to realize that your active involvement in the counseling process will be the most influential contribution to your success. Your input is essential in establishing treatment goals, risks and benefits of change, the time commitment involved, and other pertinent aspects of your situation. Periodically, we will evaluate your progress and, if necessary, re-design your treatment, plan, goals, and/or methods.

As with any successful intervention, there are both benefits and risks associated with counseling. Risks might include experiencing uncomfortable levels of feelings like sadness, guilt, anxiety, anger or frustration, or having difficulties with other people. Some changes may seem to lead to worsening circumstances in the short run, but over time, with consistent responses, improvement should be experienced.

Confidentiality

I regard the information you share with me with the greatest of respect, so I want to be as clear as possible about how it will be handled. Generally, I will tell no one what you tell me. The privacy and confidentiality of our conversations, and my records, are your privilege and are protected by state law and my profession's ethical principles, in all but few circumstances. If there is a need to share information in your record, you will first be consulted and asked to sign a release of information form authorizing a transfer of information. The form will specify the information, which you give permission to release to the other party and will limit the time period during which the information may be released. You can revoke your permission at any time by simply giving written notice, and it is revoked that day forward.

There are the exceptions in which I cannot guarantee confidentiality, legally and/or ethically: (1) when I believe you intend to harm yourself or another person; (2) when I believe a child, elder person or vulnerable adult has been or is in danger of being abused or neglected, and (3) in rare circumstances, professional counselors can be ordered by a judge to release information. Otherwise, I will not tell anyone anything about your treatment, diagnosis, history, or even that you are a client without your full knowledge and consent. Please be aware that Samaritan utilizes Quality Control Best Practices to ensure both confidentiality and service review.

If you are a minor (under the age of 18), you should know that I do not share the specifics of my conversations with you with your parents other than to provide general feedback about progress in treatment and/or scheduling matters. However, if an issue arrives under either (1), (2), or (3), I will do everything in my power to protect the individual at risk if that requires breaking your confidence whether to parents or the authorities, we will take that action.

Explanation of Dual Relationship

Although our sessions may be very intimate psychologically and spiritually, it is important for you to be assured that we have a professional relationship rather than a social one. Our contact will be limited to sessions you will arrange with me. I cannot accept friend requests for social media from clients. Because I desire to respect your privacy, I will not speak to you in public,

unless you speak first. Because ours is a professional relationship, I cannot accept gifts having monetary value.

Cancellation Policy

We will schedule our sessions through our mutual agreement. **If you are unable to keep an appointment, please call my cell phone to cancel or reschedule at least 24 hours in advance. If I do not receive this advanced notice and you do not have an emergency, you are responsible for a \$75 no show or late cancellation fee. Please note that churches and Client Assistance Funds (CAF) do not pay for missed sessions, therefore you will be responsible for the \$75 fee.**

Length of Sessions

I assure you that my services will be rendered in a professional manner consistent with the highest ethical standards. Typically, sessions are 45 minutes in duration.

Fees/Method of Payment

In return for a monetary fee of \$120 for initial session and \$110 for each subsequent session, I agree to provide counseling services for you. Please be prepared to pay at the beginning of each session with cash, personal check or credit card. Fees will be charged for bounced checks. I will provide a receipt for payment upon request. If for financial reasons, you are unable to pay the full fee, please request an "Application for Client Assistance" and return it with the requested information before your session. It is important that client balances are paid to avoid interruption of services.

Emergencies

If your situation is an emergency, you should call 911 at any time of day or night. In Sarasota, crisis assistance is available by calling or going to Bayside Center for Behavioral health at 800-764-8477 or 941-917-7760 or Coastal Behavioral Healthcare's 24-hour Crisis Stabilization Unit at 941-364-9355. In Manatee County, you may call or go to Centerstone Emergency Psychiatric Center at 941-782-4617 or Suncoast Behavioral Health Center at 941-251-5000.

Telephone Availability

Phone conversations will be limited to scheduling. You may leave a non-emergency message on my cell phone at 954-849-4901 during my normal business hours, from 9 am to 5 pm, Monday through Friday. I will make every reasonable effort to return your call within 24 business hours. Please do not call me on holidays or weekends unless you need to leave a message to cancel an appointment.

Vacation and Illness

I will, from time to time, be out of contact due to such things as trainings/seminars, vacations, family emergencies and illness. If you want to meet with a therapist during my absence, arrangements may be made in advance or by calling the office at 941-926-2959. I will attempt to

give you adequate advanced notice when possible. Please remember if an emergency arises to dial 911 or go to your nearest hospital emergency room.

Complaint Procedures

If you are dissatisfied with any aspect of my work, please let me know immediately. I want to provide you with the best possible counseling services. If you think you have been treated unfairly or unethically, by me or any other counselor, and cannot resolve the problem with me, you may contact Rev. Rick Howell, Executive Director of the Samaritan Counseling Services of the Gulf Coast at 941-926-2959, 3224 Bee Ridge Road, Sarasota, Florida 34239. You can submit a complaint or receive clarification of your rights from Rev. Howell.