

*** WELCOME ***

I love working with people like you --people who are interested in taking a more active part in their lives and relationship and are ready to learn and explore new avenues to improve relationships and increase their sense of meaning and purpose in life. I'm really looking forward to working with you, so let's started:

What you'll need to have ready before the first appointment:

- **Paper and pen**; or better yet, a new journal and new writing pens as a commitment to this new phase of learning.
- A list of your **questions!** Write them down so you don't forget anything you think is important to tell me.

During the first appointment:

- I'll get more detailed information and start answering your questions.
- We'll discuss your unique situation, background, and values.
- We'll talk about possible options for working together.
- We'll decide on possible material for work between sessions.
- Finally, we'll formulate a tentative plan for future sessions.
- We'll make a follow-up appointment, usually within 1 to 2 weeks.

What you'll do between appointments:

- Write any **dreams** or entries in a **journal** if that is going to be part of our work.
- Do any **reading, evaluations, or homework** we've chosen together.
- Make notes about any **issues or questions** that have come up. We'll want to address them the next time we meet.

At subsequent appointment(s):

- We'll go over any dreams, homework, or insights you've brought.
- We'll address any additional questions and problems.
- We'll evaluate what seems to be working and where you feel stuck.
- We'll fine-tune our work together or formulate a new plan.

What can I expect?

In the first session we will start to get to know one another, exchange information, set goals and make a tentative plan to achieve those goals

Goals are up to you, and can include finding your life's purpose, improving relationships, decreasing stress, better self-esteem. I will coach through listening and offering suggestions and techniques as you work to achieve your goals.

Common themes will include understanding yourself and others, communication skills, working on nighttime dreams, addressing repetitive life patterns.

If counseling is successful, you will feel that you have more tools to be able to face life's challenges without my support or any outside interventions.

Most clients come once weekly for a least the first few weeks; some every two weeks, or once monthly.

Some client may need only a few counseling sessions to feel successful in accomplishing their goals, while other require months or even years of counseling to make changes in long-term habitual behaviour.

You are in complete control and may redirect the frequency, the goals of therapy, or end our counseling relationship at any point.

What about other people? What else do I need to know?

Another important thing to remember is that when we make changes in our lives, other people with whom we have relationships will not necessarily like to support. How to communicate honestly and skillfully to others is often a topic of counseling sessions.

I am licensed in the state of Arkansas as an LPC, or Licensed Professional Counselor. In addition, I am a licensed veterinarian. Although the skills from these two professions often overlap, I am bound by ethical guidelines to keep the clients in each area separate.

Confidentiality Policy

Confidentiality is an ethical standard that protects clients from the disclosure of information without their consent. Client sessions with me, as with a lawyer, or priest, are confidential. I will release information from our counseling sessions to third parties only at your request, with the exceptions:

1. When I believe that you pose a clear and present danger to yourself or others, I am required by Arkansas Law to release this information without your prior consent.
2. When I have reasonable cause to suspect child abuse, I am required to report this to the Arkansas Department of Human Services.
3. We will contact you only with your permission. Other people may intercept communication through email, texting, or cell phone

4. The receptionists and our computer technician will see client contact information, They have signed a written statement stating they understand this information is to be kept confidential.
5. In case of my death or incapacitation, my counseling records will be automatically transferred to another licensed counselor, Dr Betty Everett. If this is against your wishes, please let me know, and I will make other arrangements.

Payment Policy

A counseling session with me is typically 1 or 2 hours in length at a rate of \$90 per hour, payable at the time of service. We accept all major credit cards, cash or personal checks. Please give me 24 -hour notice if you are unable to keep your appointment. We will call or email you the business day before your appointment as a reminder, however, we charge for missed appointments without prior notice.

Emergency Policy

In urgent situations i will work in client appointments as soon as possible, usually within a few days. On weekends, voice messages are checked twice daily. If you have an emergency and cannot reach me, please seek help at a mental health center, hospital or by calling 911.