

Client Consent Form for Renewed Life Counseling with Suzanne Simpson, M.Ed., LPC

In beginning our counseling relationship, I believe it's important that you understand the services that I offer, my approach to the counseling relationship, risks, and benefits and standard office procedures. Please read this information carefully and let me know if there is anything you don't understand. As I share my skills and resources, I am merely a resource for you as you take responsibility for your growth.

Therapy Services Offered

I offer a range of Christian based psychotherapy to support your healing process. In addition to traditional client-centered therapy, I offer several protocols for energy psychology. Some of these methods incorporates energy psychology methods under a Christ-centered approach to clearing out unresolved traumas. Other approaches I utilize are a more secular approaches to clearing our emotional energy blocks.

Theoretical Approach

Energy Psychology is a term used to refer to a variety of methods based on the use, modification, and manipulation of energy fields that look at imbalances within the energy systems. Energy systems typically can store thoughts, beliefs, and emotions which greatly impact one's behavior. This stored emotion can be affecting the energy flow of the meridian system of the body that doesn't foster well-being. The Splanchna method is designed to help get to the origin of the blocked emotional material through the use of muscle-testing which has been utilized in many of the healing fields such as chiropractic. In addition, Emotional Freedom Technique (EFT) offers another method to desensitize the emotional stress and restore proper energy flow. Basic Biblical principles such as confession, repentance, and forgiveness and prayer can be utilized in these processes.

EFT Energy techniques have promising results and has been clinically researched by Western Academic, medical, and psychological communities. The nature of their effectiveness, as well as risks and benefits, are not fully known. However, I have multiple testimonials of satisfied clients which you can view on my website. The benefits range from various individual, family and career-related issues. If you have any further questions about the nature of the theories, methods, and techniques I use, please feel free to ask me for further resources or references.

Outcome Expectations; Risk & Benefits

It is impossible to predict any specific results regarding any of the practices and methods I utilize in my practice. However, I am committed to using what I consider to be the best method to achieve the result desired by my client. I never know exactly how each person will respond to a treatment approach. Most psychotherapy that is designed for talking, gaining insight about your issues has benefit. However, I have found the methods I utilize can speed up the process where talk therapy leaves off. While making changes through energy methods tend to clear out issues in relationships, work, or health related symptoms more easily and quickly. In some cases, there might be a temporarily worsening of symptoms due to the transformational process(for example, counseling cannot necessarily keep a marriage intact). Emotional memories that surface can bring about perceived negative side effects. In most cases, it is temporary and can dissipate after memories have cleared. Due to the nature of this type of therapy, I am available to discuss any concerns or questions that may arise as you seek treatment with me.

Boundaries

Treatment may involve Applied Kinesiology which includes minimal physical contact during sessions. In a professional relationship (such as ours), crossing boundaries into sexual intimacy between a therapist and a client is never appropriate and will never be a part of this therapeutic relationship.

I understand that the practitioner I am seeing is not a medical physician and is not a substitute for regular medical, diagnostic or treatment procedures

Explanation of Dual Relationships

We will form a close professional relationship with our work, and you will become extremely important to me as a client. It is important to know that our relationship as a therapist/client relationship will remain that way and there will not be dual relationship such as being my plumber, lawyer since this could not be ethical. Such consultations will maintain your confidentiality unless in cases where you waive this right.

Regular Sessions and Fees

Sessions can last from 50, 75 or 90 minutes. If you are using insurance, the typical session time is 50 minutes. I ask that this fee is paid at the time of services. There will be a \$25 charge for any returned checks. If you need to cancel a session within 48 hours except due to illness or bad weather, there will be a charge of ½ of the session cost. This charge will be removed if you reschedule the session another day that week.

Length of Time in Therapy

I suggest you commit to a minimum of 10 sessions as the first several sessions are getting comfortable with the process and developing the best treatment plan. Most therapy extends past this time-frame, but the tools used can be faster than traditional talk therapy. If at any time you opt to move away from the therapeutic relationship, I ask that you verbally discuss this in a session, so we can bring closure to the therapy.

Extra Sessions or Time

If you need an emergency session, I will try to work you into my schedule if possible. If I need to send in paperwork for insurance, there will be a \$35 per 30-minute charge. If there are times you need a short check-in with me, we may do a 10-minute session by phone without any charge.

General Disclosures:

The Colorado Department of Regulatory Agencies has the responsibility of regulating the practice of licensed psychologist, licensed social workers, and licensed professional counselors. If there is ever a dispute, you may need to contact them due to a regulatory wrong they can be reached at the Department of Regulatory Agencies, Mental Health Section, 1-800-886-7675. 1560 Broadway, Suite 110, Denver, CO 80202.

Client Signature _____

Therapist Signature _____