INFORMED CONSENT

Please read every section and initial each line.

________What to Expect: Appointments are typically 50 minutes in duration, once per week at a regularly scheduled time, although some schedules may be more or less frequent as needed. You are expected to arrive on time and your session cannot be extended due to late arrival. If you need to cancel your appointment please leave a message on the clinic voicemail, (208) 373-1719, at least 24 hours before your scheduled session.

The ISU Meridian Counseling Clinic is open when school is in session during the fall, spring, and summer semesters and is not staffed during school holidays. This may mean you will not be able to see your counselor for one to four weeks between semesters. Your counselor will work with you in advance to plan for these breaks and provide referrals if needed.

You have the right to considerate, safe and respectful care, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, or national origin. Your counselor is a safe person to talk with about any of these topics. The ISU Meridian Counseling Clinic is a designated Safe Zone; a program designed to increase awareness, affirmation, and acceptance of those who identify as lesbian, gay, bisexual, trans or queer on some way (LGBTQ+).

The length of your counseling relationship depends on the scope and severity of your concerns. You and your counselor will work together to identify the areas in your life you would like to improve and evaluate progress at regular intervals. You may ask questions about any aspect of counseling. If you do not feel comfortable with your counselor you may ask to change counselors. If you are unhappy with what is happening in your counseling sessions please bring these concerns up to your counselor or call the clinic voicemail to speak with a supervisor. Such comments will be taken seriously and handled with care and respect. You have the right to end the counseling relationship at any time.

________Risks and Benefits: There is a possibility of risks and benefits which may occur in counseling. Counseling may involve the risk of remembering unpleasant events and may arouse strong emotional responses. Counseling can impact relationships with significant others. The benefits from counseling may be an improved ability to relate with others; develop a clearer understanding of self, values, goals; increased academic productivity; and an ability to deal with everyday stress. Speaking honestly about your experience will increase your counselor’s ability to assist you. Taking personal responsibility for working with these issues within and outside of your counseling session may lead to greater growth.

________Limitations of Service: The counselors at the ISU Meridian Counseling Clinic are not licensed counselors. All are master’s level students working towards a clinical mental health counseling degree under the supervision of licensed counselors in faculty or doctoral student
positions. Your counselor is unable to diagnose, provide insurance billing, evaluations of parental fitness and custody, court or legally mandated mental competency, or counseling pertaining to or associated with criminal proceedings.

Video Recordings: Counselors are required to videotape all sessions for the purposes of developing their counseling skills. Recordings are kept in secure locations and are used for the purpose of supervision and your counselor’s educational development.

Payment and Billing: Payment is due at the beginning of each counseling session and your counselor is unable to see you without payment. We are unable to bill insurance at ISU Meridian Counseling Clinic. If you are unable to afford the fee please discuss this situation with your counselor and we may be able to provide sliding scale or pro bono services on a limited basis. You may not carry forward a credit; please pay for each counseling session individually.

Communication and Crisis: To contact your counselor please call the ISU Counseling Clinic voicemail, (208) 373-1719, and leave a message. Your counselor will return your call in a timely manner. We are unable to provide emergency services. If you have an emergency please call 911 or go to your nearest emergency room.

School Environment: The ISU Meridian Counseling Clinic shares a building with Renaissance High School and the West Ada School District Offices. The school is required to conduct periodic fire drills and lock down procedure drills. In the event of a fire drill an alarm will sound and you will be required to exit the building and gather at the designated assembly location in the parking lot. You will be permitted to return to the building after a short period. In order to maintain confidentiality your counselor will not discuss any issues outside of the session. In the event of a lock down drill you will be asked to stay in the counseling room and until the all clear is given. In the event of a real lock down emergency you are asked to use good judgement and either remain in the locked suite or quickly exit should you feel this is the safest course of action.

Due to the clinic’s proximity to Renaissance High School, ISU Meridian Counseling Clinic is unable to offer services to registered sex offenders, individuals with a history of violence, and you are unable to bring guns or weapons onto the premises.

I have read and understand the ISU Counseling Clinic Informed Consent.

______________________________________________________________________________

Client ___________________________ Date ___________________________

Parent (required if client is a minor) ___________________________ Date ___________________________

Counselor ___________________________ Date ___________________________

[ ] Client Copy [ ] File Copy