Welcome to the ISU-Meridian Counseling Center. The following notice is an introduction to your rights and responsibilities as a client at the clinic. The ISU-Meridian Counseling Center serves dual functions: to provide counseling for the community and to aid in the professional development of counselors and supervisors. All counseling is facilitated by graduate students at the Masters level who are supervised by a counseling professor. All counseling sessions at the ISU-Meridian Counseling Center are video-taped for supervisory and educational purposes.
CLIENT INFORMATION

Client Name: ___________________________  Today’s Date: ___________________________

Date of Birth: ___________________________  Age: ___________________________

Preferred Pronoun (eg: she, he, ze, they):

Self-identified Gender: ___________________________  Sexual Orientation: ___________________________

Primary Language: ___________________________

Parent/Guardian Name (If client is a minor):

__________________________

Cell phone: ___________________________

May call: Yes   No

May leave message: Yes   No

Home phone: ___________________________

May call: Yes   No

May leave message: Yes   No

Email: ___________________________

May email: Yes   No

Current Occupation: ___________________________  Level of Education Completed: ___________________________

Relationship status (ex: Single, married, divorced, separated, significant relationship/s, etc.):

In case of emergency, please contact:

Name: ___________________________  Relationship: ___________________________  Phone: ___________________________

Have you received prior counseling? □ No   □ Yes   If yes, please explain: ___________________________

Was it helpful? □ No   □ Yes   Please explain: ___________________________

PRESENTING PROBLEMS AND CONCERNS

Please describe your reason for seeking counseling at this time and how you will know if it is working:

Have you ever or are you currently contemplating ending your life? □ No   □ Yes

Has anyone in your immediate family attempted or completed suicide? □ No   □ Yes   If yes, when? ________________
Please circle any of the following that are currently troubling you: For all of those which you circle, please indicate on a scale from 1 to 10, with 10 being significant, how severe you feel this issue is in your life at the present time.

<table>
<thead>
<tr>
<th>Abuse</th>
<th>Family</th>
<th>Motivation</th>
<th>Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol/Drug use</td>
<td>Fear</td>
<td>Perfection</td>
<td>Study habits</td>
</tr>
<tr>
<td>Anger/Rage</td>
<td>Finances</td>
<td>Procrastination</td>
<td>Suicidal thoughts</td>
</tr>
<tr>
<td>Anxiety/Panic</td>
<td>Friends</td>
<td>Relationship</td>
<td>Test anxiety</td>
</tr>
<tr>
<td>Appearance/Weight</td>
<td>Grades</td>
<td>Sadness</td>
<td>Time management</td>
</tr>
<tr>
<td>Assertiveness</td>
<td>Grief</td>
<td>Self-esteem</td>
<td>Trust</td>
</tr>
<tr>
<td>Boredom</td>
<td>Guilt</td>
<td>Sexual harassment</td>
<td>Unhappiness</td>
</tr>
<tr>
<td>Career</td>
<td>Helplessness</td>
<td>Sexuality</td>
<td>Worry</td>
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<tr>
<td>Dating</td>
<td>Homesickness</td>
<td>Shyness</td>
<td>Other:</td>
</tr>
<tr>
<td>Depression</td>
<td>Hopelessness</td>
<td>Sleep</td>
<td>Other:</td>
</tr>
<tr>
<td>Eating problems</td>
<td>Loneliness</td>
<td>Stalking</td>
<td>Other:</td>
</tr>
<tr>
<td>Expressing feelings</td>
<td>Meeting people</td>
<td>Staying in school</td>
<td></td>
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</table>

Present Family/ Living Situation
Please identify the people currently living with you and the nature of your relationship.

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Relationship</th>
<th>Currently this relationship is: Good, neutral, conflicted, etc.</th>
</tr>
</thead>
<tbody>
<tr>
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<td>6</td>
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</tbody>
</table>

HISTORY
Health
Are you currently under the care of a medical doctor or other medical health professional: □ No □ Yes
Name of Primary Care Physician: ___________________________ Physician Phone: ___________________________
Are you currently taking any prescription medications, vitamins or herbal supplements? □ No □ Yes
If yes, please list each medication below

___________________________ mg ____ Prescribed for: _________________ By: ________________________
___________________________ mg ____ Prescribed for: _________________ By: ________________________

Do you have any allergies? □ No □ Yes If yes, please list: __________________________________________

Date of last physical exam: _______________ Any significant results: ____________________________________

Physical disability: □ No □ Yes Chronic illness: □ No □ Yes
If yes to either, please explain: __________________________________________

Prior psychiatric hospitalizations? □ No □ Yes If yes, when: _______________________________________

Do you currently exercise: □ No □ Yes If yes, please indicate what type and how many times per week:_____

Are you having any problems with your sleep habits? □ No □ Yes If yes, please explain:
□ Sleeping too little □ Sleeping too much □ Poor quality sleep □ Disturbing dreams □ Other _______________

Are you having any difficulty with appetite or eating habits? □ No □ Yes If yes, please explain:
Have you or are you currently using any of the following substances?

<table>
<thead>
<tr>
<th>Substance</th>
<th>Past or Present use?</th>
<th>Frequency/Amount</th>
<th>Method of use</th>
<th>Level of concern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caffeine</td>
<td>□ No □ Yes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol</td>
<td>□ No □ Yes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tobacco</td>
<td>□ No □ Yes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recreation or Street Drugs</td>
<td>□ No □ Yes</td>
<td>(Please list)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Legal
Have you ever been the victim of a crime? □ No □ Yes If yes, please list date and briefly describe:

Are you currently involved in divorce or child custody proceedings? □ No □ Yes If yes, please explain:

Have you ever been convicted of a misdemeanor or felony? □ No □ Yes If yes, please explain:

Cultural Beliefs Affecting Treatment
What culture do you identify with?

Strengths and Interests
What are your strengths and interests?

GOALS
What are the goals you hope to achieve in counseling:
1.
2.
3.

Is there anything you would like to add that I have not asked which you would like to include?

Client Signature: ___________________________ Date: ________________

Parent/Guardian Signature if under 18: __________________________ Date: ________________

Parent/Guardian Signature if under 18: __________________________ Date: ________________

Thank you for your time!
Agreement by Parent/Guardian for Counseling with a Minor

I, ____________________________, the rightful parent/legal guardian of ____________________________, give my permission for this minor to receive the following counseling services from ISU-Meridian Center as represented by: ___________________________________________.

The fees for these services will be $20.00 per session with payment due at the beginning of each session. The ISU-Meridian Center policies concerning missed appointments have been explained to me. I have been told about the risks and benefits of receiving these services and the risks and benefits of not receiving these services, for both this minor and his or her family.

Confidentiality: I understand that, under Idaho law, minors do not have a legal right to confidentiality. I also understand that confidentiality is important for this minor to feel safe in the therapeutic relationship. I therefore agree to work with this counselor so as to achieve a level of confidentiality that is necessary for this minor’s therapeutic progress.

I understand that ISU-Meridian Center abides by the ethical codes established by the American counseling Association as well as the rules and statues governing the practice of counseling in the State of Idaho. These ethical codes and legal statues require counselors to report to responsible persons or state agencies when clients indicate any of the following situations:

- That the client intends to harm self
- That the client intends to harm someone else
- Information as to direct involvement in child abuse or neglect
- Information as to direct involvement in abuse of the elderly or disabled

I understand that the counselor will keep me apprised of this minor’s progress and that this counselor is willing to meet with me to discuss any concerns and or questions that I have. Progress in this minor’s treatment will be reviewed on or about this date: ___________ and on a regular basis after that.

Videotaping: I give my permission for the counselor to videotape the sessions with this minor for personal review, supervision, and limited educational purposes. All who may view these videotapes are bound by the legal framework of privacy and confidentiality. I understand that any information in these recordings that could identify me or this minor in any way will not be published or given out without my written consent. I understand that all video recordings of these sessions will be destroyed at or before the conclusion of counseling.

My signature below means that I understand and agree with all of the points above.

______________________________  ______________________________
Signature of Parent/Guardian      Date

______________________________  ______________________________
Signature of Minor                  Date

I, the counselor, have discussed the issues above with the minor client's parent or guardian. My observations of this person's behavior and responses give me no reason, in my professional judgment, to believe that this person is not fully competent to give informed and willing consent to the minor client's treatment.

______________________________  ______________________________
Signature of Counselor         Date

[   ] File Copy               [ X ] Client Copy
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__________________________  __________________________
Signature of Counselor              Date

[ X ] File Copy                    [ ] Client Copy
_______What to Expect: Appointments are 50 minutes in duration, once per week, at a regularly scheduled time, although 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 student counselor for one to four weeks between semesters. Your student 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 student 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, and/or experience their gender identity and/or sexual orientation on a continuum.

The ISU Meridian Counseling Clinic is a teaching facility made up of master’s and doctoral level students working towards their degrees. As students progress or graduate they will no longer continue to work in the clinic. Student counselors will inform you in advance of any changes in their availability. If the need arises for the student counselor to transition out of the clinic, they will work closely with you to create an individualized plan to support you with your goals for counseling.

_______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; arouse strong emotional responses; and impact client’s relationships. 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 student counselor’s ability to assist you.

_______Limitations of Service: The student counselors at the ISU Meridian Counseling Clinic are not licensed counselors. All are master’s level and/or doctoral students working under the supervision of licensed counselors in faculty or doctoral student positions. Your student counselor is unable to diagnose, provide insurance billing, evaluate for parental fitness and custody, court or legally mandated services, or offer counseling pertaining to criminal proceedings.

_______Payment and Billing: Payment is due at the beginning of each counseling session and your student 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 student 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.
Crisis Communication: To contact your student counselor please call the Clinic voicemail, (208) 373-1719, and leave a message. Your student 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.

Electronic Communication: MCC staff will not interact with clients via social media. Any social media presence by MCC or staff members will not be continuously monitored and will not be utilized as a means of communication between client and clinician. In addition, MCC staff will not utilize text messaging, instant messaging, Snapchat, or similar communications to interact with students. Students may opt to be contacted by a voice phone call or, by client request, email. Email will only be used for scheduling purposes and not as a form of communication about therapeutic issues or for crisis intervention. Staff do not monitor email outside of regular business hours and may not check email consistently throughout the day.

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 student 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 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 or individuals with a history of violence. Additionally, guns and weapons are not permitted on the premises.

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

Client Signature  Date

Parent/Guardian Signature (Required if client is a minor)  Date

Student Counselor Signature  Date
INFORMED CONSENT
Please read every section and initial each line.

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__________________________________________________________________________

Client Signature
Date

__________________________________________________________________________

Parent/Guardian Signature (Required if client is a minor)
Date

__________________________________________________________________________

Student Counselor Signature
Date
PERMISSION TO RECORD

I, _________________________________________, give ______________________________, (Client* or Client’s Parent or Guardian) (Student Counselor)

a student in the Department of Counseling at Idaho State University, permission to audio/video record our counseling sessions, and/or have visual records and observations of me uploaded to a secure webhosting service** for storage and viewing. I understand that the contents of the recordings may be reviewed with a training supervisor, counseling faculty, supervision group and/or Oral Exam committee members. I have been informed that the contents of the recordings are considered confidential and will not be shared in any other way than described above without my written permission.***

I understand and agree to the use of these recordings and observations to increase the effectiveness of the student’s counseling by provision of instruction and feedback. Furthermore, I understand that my name shall not be used in connection with these recordings. I agree that the material from these recordings cannot and will not be used for any purpose other than those specified above.

I understand that my counselor is a graduate student in counseling, is not yet licensed and is under the supervision of a qualified supervisor.

__________________________    ________________
Client Signature   Date

__________________________    ________________
Signature of Parent/Guardian if Client is a minor   Date

*The term “client” as used herein refers to any person receiving services

**The secure webhosted service is titled Panopto. The video sessions will be stored upon an online storage drive and made viewable to only the counselor in training, their ISU counseling department supervisor, their ISU faculty supervisor, and field supervisor. Permission to view the video will require a password known only to the counselor in training, their ISU counseling department supervisor, and their ISU faculty supervisor. The recorded video sessions will be stored for the duration of the current semester then deleted entirely from the online storage drive. At anytime you the client can request that the video be deleted or specify videos you do not wish to be uploaded to the online storage drive.

***Clients have the right to confidentiality. Information shared with permission will be kept confidential within the professional setting. There are, however, legal exceptions to this right; information must be shared under the following circumstances:
(a) when ordered by the court, or
(b) when the counselor and a training supervisor determine that an individual may present a threat to self or others.
(c) Idaho law requires the report of any known or suspected instance of child or adult abuse or neglect.
It is understood that all information disclosed within these sessions will otherwise be kept confidential and will not be released to anyone outside of the agency without written permission, except where disclosure is required by law.

NOTE: A signed and dated permission form MUST be obtained for each client, prior to any recording (audio or video).

[X]  Client Copy  [ ]  File Copy  Page 1 of 2
PANOPTO FAQ

What is Panopto?
Panopto is a video content management system (VCMS). This means that users* of Panopto are able to record and upload video sessions to an online storage system.

How does Panopto work?
Panopto allows users to log in to a password-protected webhosted service to upload videos via a secure connection. Users are assigned a folder to which they can save their videos. These videos can then be played back online.

How does ISU’s Department of Counseling protect the video sessions?
We secure videos through a combination of methods. Our first method is to assign each user a unique password that only allows them access to their folders, videos, and recording capacity. Second, we restrict the permission to view each user’s folder. For example, an intern’s folder will only be viewable by the user, their doctoral supervisor, and their faculty supervisor. Third, we will be deleting videos once they have been viewed by the faculty supervisor or the current semester of study expires. Lastly, we enforce strict policies contained within our department’s student manual that specifies the locations that videos may be viewed outside of supervision. For example, users are not permitted to play back videos in public spaces or in the presence of others not associated with their supervision. The viewing of videos is intended to be a private activity.

Your understanding and comfort using Panopto is important to us and we wish to continue providing education and training on how to make the use of Panopto as successful as it can be. If at anytime you have questions, please feel free to contact the following individuals:

ISU Meridian Department of Counseling’s Clinic Directo. Dr. Logan Lamprecht: (208) 373-1944, lamploga@isu.edu
ISU Department of Counseling’s Chair. Dr. David Kleist: (208) 282-4315, kleidavi@isu.edu
ISU Department of Counseling Internship Coordinator. Steven Moody: (208) 282-2304, moodste2@isu.edu
ISU Department of Counseling Panopto Technology Coordinator. Chad Yates: (208) 282-3158 yatechad@isu.edu

Is Panopto secure?
Panopto uses SSL** in the web interface to encrypt all sensitive user information. The Panopto server uses password hash checking. Passwords are not stored as plaintext. Although using a server-based video content management system is never 100% safe we feel the use of this system helps us to guarantee a level of security unreachable before now.

Definitions
*Users include the following: counseling master’s students enrolled in practicum and internship, ISU counseling department supervisors (assigned doctoral students), and ISU faculty members.

**SSL (Secure Sockets Layer) is the standard security technology for establishing an encrypted link between a web server and a browser. This link ensures that all data passed between the web server and browsers remain private and integral.
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purpose other than those specified above.

I understand that my counselor is a graduate student in counseling, is not yet licensed and is
under the supervision of a qualified supervisor.

_________________________________________    ________________
Client Signature   Date

_________________________________________    ________________
Signature of Parent/Guardian if Client is a minor   Date

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Panopto allows users to log in to a password protected webhosted service to upload videos via a secure connection. Users are assigned a folder to which they can save their videos. These videos can then be played back online.

How does ISU’s Department of Counseling protect the video sessions?
We secure videos through a combination of methods. Our first method is to assign each user a unique password that only allows them access to their folders, videos, and recording capacity. Second, we restrict the permission to view each user’s folder. For example, an intern’s folder will only be viewable by the user, their doctoral supervisor, and their faculty supervisor. Third, we will be deleting videos once they have been viewed by the faculty supervisor or the current semester of study expires. Lastly, we enforce strict policies contained within our department’s student manual that specifies the locations that videos may be viewed outside of supervision. For example, users are not permitted to play back videos in public spaces or in the presence of others not associated with their supervision. The viewing of videos is intended to be a private activity.

Your understanding and comfort using Panopto is important to us and we wish to continue providing education and training on how to make the use of Panopto as successful as it can be. If at anytime you have questions, please feel free to contact the following individuals:

- ISU Meridian Department of Counseling’s Clinic Directo. Dr. Logan Lamprecht: (208) 373-1944, lamploga@isu.edu
- ISU Department of Counseling’s Chair. Dr. David Kleist: (208) 282-4315, kleidavi@isu.edu
- ISU Department of Counseling Internship Coordinator. Steven Moody: (208) 282-2304, moodste2@isu.edu
- ISU Department of Counseling Panopto Technology Coordinator. Chad Yates: (208) 282-3158 yatechad@isu.edu

Is Panopto secure?
Panopto uses SSL** in the web interface to encrypt all sensitive user information. The Panopto server uses password hash checking. Passwords are not stored as plaintext. Although using a server-based video content management system is never 100% safe we feel the use of this system helps us to guarantee a level of security unreachable before now.

Definitions
*Users include the following: counseling master’s students enrolled in practicum and internship, ISU counseling department supervisors (assigned doctoral students), and ISU faculty members.

** SSL (Secure Sockets Layer) is the standard security technology for establishing an encrypted link between a web server and a browser. This link ensures that all data passed between the web server and browsers remain private and integral.
Limits of Confidentiality in Counseling

The ISU-Meridian Counseling Center abides by the ethical codes established by the American Counseling Association as well as the rules and statues governing the practice of counseling in the State of Idaho. These ethical codes and legal statues require counselors to report to responsible persons or state agencies when clients indicate any of the following situations:

- That the client intends to harm self
- That the client intends to harm someone else
- Information as to direct involvement in child abuse or neglect
- Information as to direct involvement in abuse of the elderly
- Information as to direct involvement in abuse of the disabled

Confidentiality is also limited by the use of supervisory sessions involving practicum students, interns and supervisors. Confidentiality may be limited as mandated by the courts or, in the case of minors, when parents may have access to counseling information.

By signing below, I indicate that I understand my limits of confidentiality and I am aware of the certain situations where the counselor must breach my right to confidentiality in the counseling relationship with or without my permission.

______________________________________________________________________________
Client

______________________________________________________________________________
Parent/Guardian (if client is a minor, a parent/guardian signature is required)

______________________________________________________________________________
Counselor

[ ] Client Copy [ X ] File Copy
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____________________________________________________________________
____________________________________________________________________

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[ X ] Client Copy   [ ] File Copy