

Amanda E. Norcross, LPC - Intern
Supervised by Candyce Ossefort-Russell, LPC

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Informed Consent Agreement

This form explains aspects of how I work. I encourage you to ask any questions you have about my way of working or about psychotherapy in general at any point in our work together.

Training and Background

I am a Licensed Professional Counselor – Intern, licensed by the Texas State Board of Examiners of Professional Counselors. All of my counseling work is performed under the supervision of Candyce Ossefort-Russell, LPC, PLLC. If you need to reach Candyce regarding my work, you may contact her at 2124 Bluebonnet Lane, Austin, TX 78704, 512-789-6244.

I have a Masters in Counseling Psychology from Pacifica Graduate Institute, and I have conducted psychotherapy with clients at Capital Area Mental Health Center. I have several years of personal and educational experience in depth psychology, a type of psychology I explain below in “The Therapeutic Process.”

Confidentiality

I will treat with great care all information you share with me. It is your right that our sessions and my records about you be kept private. In all but a few rare situations, your confidentiality is protected by state law, the rules of my profession, and my personal integrity. Texas state law requires me to inform you that in certain cases your confidentiality is not protected, and your information may be disclosed to the appropriate authorities/agencies. These cases are:

- If I have reason to believe that you may harm yourself or others,
- If I have reason to believe that you are involved in or have knowledge of abuse or neglect of a child; or abuse, neglect, or exploitation of a person who is elderly or has a disability, or
- If I am ordered to disclose by state or federal courts.

Additionally, I may disclose information if you sign a release form granting permission to designated third parties to receive information that you request me to share.

I will never disclose your information for any reason without your knowing of my intent.

The Therapeutic Process

I practice depth-psychology-oriented psychotherapy—therapy that is usually long-term and can effect deep changes in one’s life. This type of therapy is based on the idea that aspects of ourselves that we are not aware of are always trying to break through into consciousness in an effort to make us more fully ourselves. When we attend to and honor these lost parts, we engage our psyche's creative energy and natural ability to heal itself and our lives become much richer and fuller—we feel more whole and genuine. When the lost parts remain in the darkness of the unconscious, we become shadows of ourselves—less than whole and crippled by everything from difficult emotions to physical symptoms. These issues are the psyche's effort to give a specific voice to the emotional truth of what we have lost.

In your therapy, we will explore not only the obvious aspects of your issues but also the unnoticed emotions and thoughts moving beneath the surface. These unseen forces can express themselves in a variety of forms: images, fantasies, memories, dreams, bodily sensations, habits, compulsions, moods, hobbies, relationships, life events, and many other ways. Attending to these messages from the unconscious, while sometimes painful and challenging, can bring about positive and often surprising changes. It can greatly increase your self-awareness, self-knowledge, and self-trust; help you see your problems in more meaningful ways; and increase your sense of autonomy in responding to them. It can also, more broadly, help you learn to integrate the wisdom of your deeper self into your life and help you achieve an increased sense of balance and authenticity.

Because we will be closely focusing on your experiences and feelings, you will sometimes experience strong emotions and your symptoms might become more pronounced at different times. This is a natural part of the process of deeply exploring your symptoms, and we will devote time to discussing these shifts in your experience.

The Therapeutic Relationship

The relationship between therapist and client is central to facilitating change and growth in psychotherapy. I strive to make the therapy room a safe, confidential, caring, nonjudgmental, healing space where you can fully express yourself and you feel understood. For this reason, the relationship between therapist and client is one in which close emotional bonds often develop. It is also a professional relationship in which appropriate boundaries must be maintained. Because the therapist-client relationship is so important, I cannot be involved in a social relationship or friendship outside of the therapy room. Limiting our relationship to the therapy office keeps your therapeutic environment safe, secure, and free of outside complications that could interfere with your therapy work.

Fees

My fee is \$80 per 50-minute session. Payment in full is due at the time services are rendered, unless you make special arrangements with me beforehand. All checks must be written to my supervisor's private practice: Candyce Ossefort-Russell, LPC

Because I respect the integrity of therapy sessions, fees must be paid at the *beginning* of each session. When payments are handled at the end of a session, the momentum of the session can be derailed.

Session Guidelines

I hold 50 minute sessions. If you need to cancel an appointment, you must give me 24 hours notice. Otherwise you will be charged for the missed appointment.

Sessions are expected to begin and end at the scheduled time. Late arrival on your part will not extend the scheduled ending time for a session. I am also expected to be on-time, and I will make appropriate remedy if I am late, such as by making up the time, pro-rating the fee, etc.

The frequency of sessions and the length of the psychotherapy are aspects of the work that you and I will decide together as we proceed. Generally, our psychotherapy will continue until you and I together decide that our work is complete.

Outside Contact and Emergencies

You may leave a message for me on my private, confidential voice mail (965-5537) at any time. I check my messages daily, and I will return your call as soon as I can. However, this number is not an emergency phone number.

In case of an emergency, or if you need immediate assistance for any reason, please call the 24-hour crisis hotline at **472-HELP (472-4357)**.

Again, please feel free at any time to ask me any questions you may have about the information outlined in this or any of my other forms.

I have understood and received a copy of this agreement.

Signature of Client

Date

Signature of Therapist

Date