



Client Agreement and Bill of Rights

Three Rivers Counseling, LLC.

Welcome to Three Rivers Counseling. This document contains important information about my professional services and policies. The law requires that I receive your signature that I provided you this information by our first session. It is important that you read it carefully.

I have a Bachelor of Arts in Biblical Studies from Columbia International University and a Masters of Arts in Education in School Counseling from Western Carolina University. I have my LPC with the state of Minnesota. I am currently under the supervision of Mark Anderson (MA, LP, LMFT) with Arden Woods Psychological. If you have any concerns, you are welcome to contact him at 651-482-9361.

I am a Christian counselor, which means my approach to therapy integrates Scripture and prayer. If you are uncomfortable with this approach, please discuss your concerns with me. I will be respectful of all my clients and meet you where you are spiritually. By signing this agreement, you are expressing an understanding that Christian and faith-based conversations will be part of my approach to helping you; and you are open to that approach.

Psychotherapy Services:

Counseling is not an exact science and varies depending on a client's personality and the particular concern a client is presenting. There are many different approaches to therapy. Psychotherapy calls for active participation the part of the client. For therapy to be successful, it will require a client to work towards changes in their life. Counseling can lead to better relationships, solutions to specific problems, and reductions in feelings of distress. I cannot guarantee you will experience these results but will work with you to try to bring those about.

Therapy can also bring up painful and disturbing discussions. If you should need emergency mental health services, you will be expected to contact a crisis center or dial 9-1-1. You can contact the National Suicide Prevention Lifeline (1-800-273-8255); or for a list of local crisis numbers you can go to www.namihelps.org/support/crisis-resources.html to retrieve that information.

On our first session, we will discuss your needs and your goals from counseling. You should evaluate if I am the right fit for you and if you feel comfortable working with me. If at any time, you are dissatisfied or have concerns, you agree that you will discuss those with me. It is important that you are confident I am facilitating your needs. If you do not feel I am the right fit for you, I will give you a referral to another therapist.

Client Rights:

You have the right to:

- Expect that I meet the minimal qualifications of training and experience required by law.
- Examine public records maintained by the Board of Behavioral Health and Therapy that contain the credentials of the provider.
- Obtain a copy of the Rules of Conduct from Minnesota's Bookstore, Department of Administration, 660 Olive Street, St Paul, MN 55155, or its current location.
- Report complaints to the Minnesota Board of Health and Therapy.
- Be informed of the cost of professional services before receiving services.
- Have access to your records as provided in part 2150.7520, subpart 1, and Minnesota Statutes, section 144.292, except as provided by law.
- Be free from exploitation for the benefit or advantage of your counselor.
- Terminate services at any time, except as otherwise provided by law or court order.
- Know the intended recipients of assessment results.
- Withdraw consent to release assessment results, unless this right is prohibited by law or court order or is waived by prior written agreement.
- Receive a non-technical description of assessment procedures.
- Receive a nontechnical explanation and interpretation of assessment results, unless this right is prohibited by law or court order or this right was waived by prior written agreement.
- Be treated as an individual and not have a counselor impose any stereotypes of behaviors, values, or roles related to human diversity.
- Not be misused in order to benefit another client or entity.

Client Responsibilities

- Fees for services rendered are \$100 for a 60-minute session.
- Payment is due before the beginning of the session. You can pay by check, cash or major credit card. A \$25 fee is assessed for returned checks. Please be aware that any session that runs over will be assessed an additional fee.
- Group sessions are \$50 per meeting.
- Clients must give at least a 24-hour notice before canceling a session or a fee of \$25 will be assessed.
- In an emergency, be sure to call 9-1-1 as Three Rivers Counseling is not available 24 hours a day.
- Three Rivers Counseling does not take insurance but will work with your HSA if you have one.

Spiritual Environment

I am a Christian counselor. My therapy approach integrates Scripture and prayer into therapy sessions. If you are not comfortable with that approach, please make me aware of your concerns on your first session. I will always be respectful of my clients.



Your signature below indicates that you have read and understood the information in the Client Agreement and agree to abide by its terms. You also acknowledge that you have received a copy of the HIPPA Notice form.

Client Name

Date

Client Signature

If client is under the age of 18; please sign below. By doing so, you are certifying that you are the legal guardian of the above minor:

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date