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Informed Consent

Thank you for your interest in Living Well Counseling and Consulting, Inc. Whether you have already made an appointment, or just want some details to help you decide, this information will be helpful. Unless it is not your preference, we will add your name to our general mailing list so you will receive newsletters and communications from us.

Scheduling – Counseling sessions are scheduled with Kriss Mitchell, M.Ed., LMHC, LPC, ND, CRC, and are 1 to 3 hours in length and scheduled weekly, bi-weekly or monthly as is appropriate for the client. When using insurance, it can only be billed for 1 to 1.5 hours of a session scheduled for 2-3 hours. If you are seeking marriage counseling, you may be scheduled to receive counseling together and/or separately as needed. Illnesses and accidents are never planned, but in the event of an unforeseen problem, every effort will be made to reschedule your appointment. Please inform us at least 24 hours in advance if you are unable to keep your appointment. **Missed appointments will be charged at the hourly rate for the length of the scheduled appointment.**

It may be important for you to have a support network around you over the course of your counseling time. Healing does not stop when you leave your session and depending on the time in between your sessions, there may be a need to touch base with someone you trust and feel safe with as you move through the healing process.

Childcare – Unfortunately, we do not have facilities or staff to provide child-care. Please make your own arrangements for child-care prior to your appointment.

Compensation – Cost for counseling and consultation is assessed at a rate of \$80.00 per hour. Total cost for a 1.5 hour session is \$120.00; a two hour session is \$160.00. We are able to receive personal checks, or VISA/MC in payment for services. All fees paid for services are non-refundable whether paid by you or by a third party. LWCC utilizes the services of Chapman Financial Services for account collection action when necessary.

Insurance – LWCC is able to take some insurance through several networks, for your sessions at this time. Please discuss any arrangements for using insurance prior to your first session. All clients are required to understand the out-patient mental health benefits of their personal health insurance plan. Living Well Counseling will call to verify benefits but is not responsible for the accuracy of the information given by the insurance company. Clients are responsible for all expenses incurred and owed to Living Well Counseling and Consulting, whether reimbursed through insurance or not. This includes but is not limited to, deductibles, co-payments, out of pocket expenses or any charge not covered by the current health plan. All clients who use insurance reimbursement should know that when using insurance, a mental health diagnosis will need to be made which will be on record with your insurance company and accessible by any person, company or agency that has access to those records. If this requirement does not seem desirable to you, arrangements to pay privately should be made. Sessions paid for by insurance are limited to 50-60 minutes once per day, or 90 minutes once per day if shown to be medically necessary. As the client or client's responsible party, you will be responsible for payment for any services not covered or paid by insurance.

Counseling Model – Our model of counseling contains professional theories and techniques as well as spiritual principles of prayer counseling.

EMDR: When a disturbing event occurs, it can get locked in the brain with the original picture, sounds, thoughts, feelings and body sensations where it then processes in a dysfunctional manner. EMDR seems to stimulate the information and allows the brain to reprocess the experience in a more functional manner. That may be what is happening in REM or dream sleep – the eye movements (tones, tactile) may help to reprocess the unconscious material. It is your own brain that will be doing the healing and you are the one in control. The process of EMDR is used with the help of a light bar and/or tactile hand elements, audio tones or the counselor's own hand movements.

Distressing, unresolved memories may surface through the use of the EMDR procedure. Some clients have experienced reactions during the treatment sessions that neither they nor their counselor may have anticipated, including a high level of emotion or physical sensations. It is important to be aware that processing may continue after the session and other dreams, memories, flashbacks, feelings, etc., may surface. If you have any questions or concerns regarding EMDR, you are encouraged to discuss them with your counselor.

EMDR may result in a temporary increase in substance abuse behavior. Additionally, persons involved in legal proceedings should be aware that successful EMDR processing may result in a decrease of details regarding the traumatic memory so you should consult with your legal representative prior to scheduling an EMDR session.

CHRISTIAN COUNSELING: If you are not familiar with the concept of Christian counseling, the counseling is based on biblical values and key principles of the faith, include looking for the basic causes that lie beneath the surface of most problems. *Bitter roots* or wounds of the heart, as they are sometimes called, are basic issues that continue to feed those things in us that lead to broken relationships, negative habit patterns and many other kinds of distresses that cause discomfort in our lives. Once roots are discovered, your counselor will help you find ways to work through those issues with prayer and forgiveness.

IT IS your decision as to which model you are most comfortable with, however, a combination is very effective. Counseling looks at what is working and what isn't working in your life, as it stems from early childhood, relationships within the home of origin and past family history. You can expect some homework assignments that will aid the counseling process.

COUPLES COUNSELING: When working with couples, counseling works from an attachment theory perspective and uses Emotionally Focused Couples therapy when possible.

Living Well Counseling and Consulting is not an in-patient facility or crisis center.

Therefore, we do not provide overnight or supervised care for mental illness, drug/alcohol addictions, suicide or other immediate crisis care situations. In such cases, Kootenai Medical Center, a drug/alcohol rehabilitation center or a crisis center may be the best alternative. We reserve the right to refer clients if the need arises, and will work to make the transition as easy as possible for the client.

Care Plan Guidelines – When appropriate, it is preferred to work in conjunction with a client's medical doctor, therapist or psychiatrist if the client has one. When appropriate, a care plan will be sent to the appropriate party in order to help your counselor serve you well. In situations where drugs and/or alcohol are involved, it is recommended the client complete a rehabilitation program or be attending a 12 step program before starting a counseling program.

- We will refer at any point where the treatment requires specialized services
- We reserve the right to ask for a medical or psychological evaluation prior to or during the client's course of treatment. (medical evaluations would be used to rule out possible physical, medical or pharmaceutical reasons for the client's distress)

- Your counselor will work with you to establish what your goals are and work towards meeting those goals in an appropriate amount of time. We reserve the right to discontinue the counseling process if the counselor or the client believes a break would be beneficial.
- During the counseling process, your counselor will evaluate with you how well the goal is being met, and discuss any concerns you may have about the process.

Natural Health Consultation – Natural supplementation and suggested testing are provided at the practitioner’s discretion. Kriss Mitchell is an unlicensed ND, not an MD, DO or NMD. She provides consultation for issues only as they pertain to emotional and behavioral challenges. Her scope of practice is limited to providing treatment or advice regarding the human body and its functions that:

- 1) Does not use legend drugs or prescription drugs in such practice;
- 2) Only uses class I or class II nonprescription, approved, medical devices as defined in section 513 of the federal food, drug and cosmetic act;
- 3) Only uses vitamins, minerals, herbs, natural food products and their extracts, and nutritional supplements; and who
- 4) Does not perform surgery

Kriss can only provide these services in the State of Idaho.

Responsibilities of Counselor and Client

- The responsibilities of the counselor towards the client are:
 - To be a safe, to do no harm
 - To be guided by ethical guidelines as established by the State of Idaho for those in the counseling profession.
 - To be mindful of the body, mind and spirit connection when assessing the client’s needs for counseling
 - To be mindful and respectful of the client’s spiritual and religious background as it pertains to the counseling process
 - To work with the client to set clear and attainable goals for what they would like to see as a result of their counseling time.
- The responsibilities of the client are:
 - To be on time for sessions
 - If a session must be rescheduled, to give the counselor 24 hours notice
 - To be faithful to work on their issues and outside homework so progress continues in the sessions
 - To make payment for services rendered at the time of the appointment
 - To have a support network in place while receiving counseling that will help them outside of the counseling sessions (i.e., pastors, friends, intercessors etc)

Client rights – You are encouraged to ask questions about the counseling that is provided here and discuss any concerns you may have about the counseling that you will be receiving to make sure that what is offered here is a good fit for your needs. It is your right and responsibility to choose the help you feel best suits you as an individual. You have the right to refuse counseling if you feel uncomfortable with what is happening or to end the counseling time(s) if you desire to.

Satisfaction or Non-Satisfaction of Counseling Services Rendered – Counseling provides an opportunity for healing, for which no promises or guarantees can be made relative to the outcome or your personal satisfaction. Kriss Mitchell is a licensed professional counselor, a board certified Christian counselor, a licensed minister, a certified rehabilitation counselor and a certified natural health professional with a M.Ed from the University of Idaho in Counseling and Human Services and a BS from Hope International University in Human Development. As an LPC she adheres to the guidelines of services and ethics as outlined by the state of Idaho.

The readiness for the healing journey cannot guarantee what your response will be to new revelations you may discover along the way. While there is some risk of pain in identifying the root causes of our behavior patterns, obviously we believe in the value of the healing process in preventing those patterns of hurt from continuing in your life. Of course, each individual receiving counseling always has the privilege of stopping said counseling at any time for any reason.

Confidentiality and Duty to Report: You have the right to confidential treatment of the information you provide your counselor during your sessions; however your counselor may find it necessary to consult with other colleagues or advisors. You will always be informed should your counselor find this necessary. In couples counseling, the couple is recognized as the “client” and therefore information that is given in the course of therapy can be shared between husband and wife by the counselor unless specifically designated as confidential.

Under certain conditions, your counselor is authorized to breach confidentiality in the following areas:

- 1) Communication that reveals the contemplation or commission of a crime or harmful act.
- 2) When it is believed the client may be imminently suicidal, may harm themselves or another
- 3) Written consent from the client to release records to the client or a third party
- 4) When the information is made an issue in a court action
- 5) When there is reasonable cause to believe that there has been child abuse or neglect, abuse of the elderly, dependent or vulnerable adults. This includes abandonment, financial exploitation, sexual or physical assault or if there is reasonable cause to believe that an act has caused fear of imminent harm.

The Idaho Counselor's Licensing Board, through the Idaho Bureau of Occupational Licenses is responsible for licensure of counselors within the State of Idaho. State licensure does not imply or constitute an endorsement of that counselor nor guarantee effectiveness of treatment.

Permission

I have read and understand the information contained within this document. It is with this understanding that I enter into this counseling relationship with Living Well Counseling and Consulting, Inc. and Kriss Mitchell as my counselor. I assume all responsibilities set forth in the document above. I understand my right to confidentiality will be respected and that when counseling as a couple, confidentiality is extended to the couple as a unit, rather than to its individual parts. No information will be disclosed outside the counseling office without my written consent unless as preempted or required by law. The legal duty of care imposed on the counseling session, and each counselor, is to report to the appropriate authorities as required by law.

I have read, understand and agree to information provided in the **Informed Consent**

Client:

Signature Date

Parent or Legal Guardian (if a minor):

Parent's or Legal Guardian's Signature Date

Counselor:

LWCC Counselor's Signature Date