
BURKE COUNSELING, PLLC

2505 Larkin Rd. Suite 104

Lexington KY, 40503

859-803-7857

katrinaburke@burkescounseling.org

INFORMED CONSENT FORM

Client's name _____

1. **Qualifications and Credentials**

Katrina Burke is a Licensed Professional Counselor Associate (LPCA). She has a B.S. in Psychology, and a Masters in Counseling. Katrina's areas of counseling focus are Christian Counseling, Children and Adolescent Counseling, Relationship Counseling, and Family Counseling.

2. **Counseling Approach**

Interventions and approaches used vary by client and are specific to each individual's needs.

3. **Goals**

Specific goals will be developed and mutually agreed upon. The goals may be specific (change in behavior, improved relationships), or more general (less anxiety, better self-esteem). The duration of therapy depends on the complexity and severity of the client's needs.

4. **Fees**

Fees are \$90 per 50 minute session. Katrina is not affiliated with any insurance companies. However, a client may request an insurance claim form, which he or she may submit to their insurance company. No guarantee that any insurance company will reimburse for services can be made.

A \$40 fee will be charged for checks that are returned for insufficient funds. Services thereafter will be on a cash only basis.

Payment is cash, check, or credit card only. A \$2 fee is added to each credit card transaction.

5. **Sessions**

Sessions will last no more than 50 minutes. Sessions will begin and end on time. If you arrive late for a session, your session time will be shortened and your normal fee will be expected. Please call 24 hours in advance if you need to change or cancel your appointment. Your appointment time has been reserved just for you. If you do not provide 24 hour notice, you will be asked to pay for the missed session at the beginning of your next appointment. The fee per missed session is \$90.

6. **Benefits and Risks of Therapy for Minor Children**

Therapy can be beneficial to your child in a variety of ways. Your child will receive emotional support, will learn to understand feelings and problems, and will be encouraged to try out solutions to old problems. While therapy may provide significant benefits, it may also pose

risks. Occasionally, a disagreement between parents and/or a disagreement between parents and counselor regarding the best interests of the child may occur. We can usually resolve such disagreements or agree to disagree, so long as this enables your child's therapeutic process. Therapy may also elicit uncomfortable thoughts, feelings or memories.

7. Confidentiality for Minor Children

Therapy is most effective when a trusting relationship exists between the counselor and the child. Privacy is important in securing and maintaining that trust. Specific details of the information children share in sessions are not shared with parents (unless the child gives consent) so as to encourage children to be honest and forthcoming and to maintain an emotionally safe environment.

There are specific exceptions to child confidentiality which include the following:

- When there is risk of imminent danger to your child; Katrina is required by law to take necessary steps to prevent such danger.
- When there is suspicion that your child is being sexually or physically abused or is at risk of abuse, Katrina is mandated to take steps to protect your child, and to inform the proper authorities.
- Katrina is ordered by a judge to disclose information even after asserting professional privilege.
- You direct Katrina to talk to someone else and sign a "Release Form for Minors."
- You file a complaint or lawsuit, and while defending herself, Katrina may disclose personal information.

In the event that Katrina is asked to appear in court or provide a deposition, there will be a fee of \$720 per 24-hour period. Due to the unpredictability of the beginning and end of Court sessions the clinician will have to take off the entire day from work. The fee of \$720 is the average income of an 8-hour period of work.

It is Katrina's policy not to testify in court custody /divorce hearings.

By signing this informed consent, I / we agree not to subpoena or ask for copies of my child's records, records of individual or marriage counseling or ask for court testimony/evaluations from Katrina Burke. I/we also agree to instruct our attorneys not to subpoena Katrina or refer to Katrina in a court filing.

8. Benefits and Risks of Therapy for Adults

Counseling may involve discussing relational, spiritual, psychological, and/or emotional issues that at times are distressing. There is no guarantee of outcomes as a result of participating in upcoming sessions. At any point during the counseling relationship, Katrina may deem it in your best interests to be referred to another professional. If you are involved in violence, substance abuse, or have threatening behavior, Katrina may discontinue your therapy and give you an appropriate referral. You have the right to discontinue counseling at any time.

9. Confidentiality for Adults

Katrina will keep everything you say completely confidential, with the following exceptions:

- You file a complaint or lawsuit, and while defending herself, Katrina may disclose personal information.
- You direct Katrina to talk to someone else by signing a "Release of Information" form.

- Katrina determines that you are a danger to yourself or to others.
- You report information about the abuse of a child, elderly person, or a disabled individual who may not be able to provide protection for themselves.
- Katrina is ordered by a judge to disclose information even after asserting professional privilege.

In couple and family guidance, Katrina does not view confidentiality as applying between a couple and family members and she will use clinical judgment regarding revealing information.

Katrina will not reveal your identity as a client to others. Therefore, she will not address you if she meets you somewhere in public. She will decline any social invitations, and once she is your counselor, she will always remain in that role. These guidelines are not meant to be discourteous in any way. They are meant for your long- term protection.

10. Emergency Care

If you have an emergency, please call 911 or go to your local emergency room.

11. Child Care and Safety on the Premises

No provision is made for child care. If your child is not participating in a session, please make other arrangements for his/her care. Burke Counseling, PLLC is not responsible for any accidents or injuries to children who are unsupervised by their parents on the property. Children under the age of 15 are not allowed to be unsupervised in the waiting room.

12. Communication

Although I use firewall and my computer, phone and iPad is password protected, my emails are not encrypted. Therefore, I cannot guarantee confidentiality of email communication. If you choose to communicate confidential information with me via email, text or voicemail, I will assume that you have made an informed decision and view it as your agreement to take resulting risks. This communication, including any attachments, contains information that may be confidential or privileged and is intended solely for the entity named. See HIPAA Act of 1996, 45 CFR and other federal regulations governing confidentiality of alcohol and drug abuse patient records, 43 CFR Part 2.

By signing this document I/we acknowledge that Katrina is not liable for loss of confidentiality due to electronic communication except for negligence on her part.

Please sign below that you have read, understand, and agree to comply with the above policies of Burke Counseling, PLLC.

Client signature _____ Date _____

Parent/guardian signature _____ Date _____