

Informed Consent

** indicates a required field*

Client Informed Consent

This client information form will answer most of your questions about therapy services with Mara Elizabeth Thornberg, LPC, LCPC. If there is anything you do not understand, please feel free to ask at any time during therapy.

Therapeutic Process

Mara's process in counseling is one of support, curious exploration, current experiencing, and challenge as you become aware of experiences that cause impairment in intrapersonal, social, occupational, and relational areas of your life. The therapeutic process involves establishing awareness of circumstances in relation to who and how we are, courage to change the things we can, and acceptance of circumstances that we cannot. In addition to seeing clients in the office, Mara provides Equine Assisted Psychotherapy at a nearby ranch.

As the client, you have the right to ask Mara questions about her qualifications, background, and orientation. The most important factor in the success of therapy is good communication between the client and the therapist. In some instances, talking about your problems can make you feel worse. If you continue to work on your problem, however, this should improve over time. In addition, not all individuals benefit from therapy or working with a particular therapist. If at any time during therapy you have questions about whether treatment is working for you or if you need clarification of our goals, do not hesitate to bring this up in session.

Benefits and Risks

I understand that counseling often has benefits, and counseling may help me to make positive changes in feelings, behaviors, and personal relationships. However, there is no guarantee that I will experience these benefits. Counseling also has potential risks. Effective counseling may involve discussing unpleasant events or thoughts, and I may feel sadness, guilt, anger, frustration, or other strong emotions. Some people feel that counseling did not help them or, in rare situations, made things worse. Therapy

may affect my relationships with family members and friends. I understand that I can and should share any of these concerns with my counselor. I can stop receiving counseling services at any time.

Confidentiality

By law and professional ethics, your sessions are strictly confidential. There are a few exceptions to this confidentiality policy:

- You give your therapist written permission to communicate with someone about your session and/or about the progress you are making in therapy.
 - If your therapy records are subpoenaed by the court
 - If you are the victim or perpetrator of child abuse, neglect or exploitation. Child Protective Services or other appropriate authorities responsible for investigating child abuse by law must be notified.
 - If you are a victim or perpetrator of elder or dependent adult abuse, neglect or exploitation, Adult Protective Services or other appropriate authorities responsible for investigating elder abuse by law must be notified.
 - If you threaten to harm yourself or others, the police may be called or other reasonable steps taken to prevent such harm from occurring.
 - Although your therapist will make every effort to maintain confidentiality in relation to emails and phone calls, it is not guaranteed that information contained in emails and phone calls can be completely secured and kept from being seen by a third party. This includes (512) 661-2895, mthornberg@collaboracare.com.
 - If online services are provided, they will be issued through Doxy.me, a HIPAA compliant software. Although your therapist will make every effort to maintain confidentiality in relation to online software, it is not guaranteed that information contained in online software can be completely secured and kept from being seen by a third party. This includes therapy services provided online.
 - Please be aware if you use location-based services, Siri or Google Assistant on your mobile phone, smart watch or head phones you may compromise your privacy while attending session at my office or online. Enabled GPS tracking makes it possible for others to surmise you are a counseling client due to regular check-ins at my office location. Siri and Google Assistant are always listening. Siri is always disabled on all of my professional devices during our sessions.
-

Use of Assessments

Therapists administer clinical assessments for the purpose of treatment planning and goal-tracking. I use a wide range of assessment tools. These assessments are meant to guide the therapist with goal planning throughout the course of treatment, assist the therapist in tracking progress. The results will be shared with you.

Social Media and Dual Relationships

It is not a part of my practice to search for clients on Google, Facebook, or other searchable sites. If there is content you wish to share from your online life, please bring it into our sessions where we can explore it together. I do not accept friend or contact requests on personal accounts from current or former clients on any social networking site (Facebook, LinkedIn, etc.). Adding clients as friends on these sites can compromise confidentiality and the therapeutic relationship. The therapist will have a special relationship with you. Sometimes it may feel like your therapist is your friend. Sometimes you may have strong negative feelings toward your therapist. All those feelings are normal. Your therapist is not allowed to have any dual relationships with you. A dual relationship is any relationship in addition to being your therapist. This means that even though your therapist likes you and cares about you, they cannot come to your events, purchase things from you, or be friends with you on social media. Your therapist is not allowed to accept expensive gifts. (They can accept a hand-made card) In other words, all they can do is be your therapist and help you achieve your goals. Anything extra is against the rules no matter how much they like you.

Being Ready for Sessions

Everyone attending sessions must be in good health (i.e. not sick,) and sober, not under the influence of alcohol or drugs that are not prescribed and taken as directed by a physician. If anyone presents under the influence of drugs or alcohol the session will be rescheduled, and if needed appropriate authorities notified. Please do not attend in person sessions if you have any active symptoms of COVID 19 or have had direct contact with someone who has COVID 19 within the past 10 days. It is fine to bring a drink or snack to sessions.

Fees and Cancellations

You are expected to pay for therapy at the beginning of each session. Fees for therapy are based upon the services received and or agreed upon (See the Fee Schedule Form). If at any time you have financial concerns, do not hesitate to discuss them with your therapist. We never want financial problems to be the reason someone does not come for therapy.

You must call your therapist 512-661-2895 24 HOURS PRIOR TO THE SCHEDULED APPOINTMENT to reschedule an appointment. Failure to do so will be considered a "No Show" and may be billed for the full session rate for Mara Elizabeth Thornberg and is due at the time of the next session. This does not include emergencies or COVID 19 related cancelations.

If the client arrives 15 minutes after their scheduled time, they will be deemed as a "No Show" and will be charged full price. Any future appointment will require a card on file.

No Show

Two (2) "no show" appointments in a row will be assumed that the therapist-client relationship has been terminated and must be re-established for further treatment to continue. This may be an indication that therapy is not optimal or a priority at this time.

After Hours Emergencies

I am not a crisis center and I am not available for after hours for emergencies. If a client has an after-hour emergency, or needs immediate assistance, call 911, your primary care physician or medical group, or go to the nearest emergency room. DO NOT call or email in the event of an emergency. The phone and email are only checked during regular business hours.

Court

If a member of your therapy team is required to testify about your treatment, your attorney or you, if you do not have an attorney, will be billed for preparation, record review, travel, parking, and time spent in court.

Terminating Treatment

You have the right to terminate therapy at any time. However, if you decide to terminate your treatment, you will be encouraged to talk with your therapist about the reason for your decision so that sufficient closure to your treatment can be made. In your final session, your progress and ways that you can continue to utilize the skills and knowledge you gained through therapy can be discussed. Any referrals needed will also be discussed at that time.

Ethical Guidelines

Texas

Therapists are governed by the Code of Ethics of the Texas State Board of Examiners of Professional Counselors. A consumer who wishes to file a complaint against an individual licensed by the board, may also call 1-800-942-5540, visit: www.dshs.texas.gov/counselor, or write to Texas State Board of Examiners of Professional Counselors Investigations at P.O. Box 141369 Austin TX, 78714-1369.

Montana

Therapists are governed by the Montana Board of Behavioral Health. A consumer who wishes to file a complaint against an individual licensed by the board, may visit: bsd.dli.mt.gov/filing-complaint for a complaint form, and e-mail dlibsdcomplaints@mt.gov or sent form to Complaints Unit at PO Box 200514 Helena, MT 59620.

File Custodian

Counselors take reasonable precautions to protect client confidentiality in the event of the Mara Thornberg's termination of practice, incapacity, or death and appoint a records custodian when identified as appropriate. In the event of the counselor's termination of practice, incapacity, or death you may contact Dena Slinger, LPC at (512) 337-2784 or dena@lakewoodcounselingcenter.com for records.

Consent to Treatment

*** I have signed this Form at the bottom to acknowledge that I agree to the following: • I consent to receive counseling services from Mara Elizabeth Thornberg, LPC, LCPC. • I am responsible for knowing and following Mara Elizabeth Thornberg's policies. Copies of the policies and this document have been provided to me. These policies are also available at my request. • I have been presented with a copy of Mara Elizabeth Thornberg's Informed Consent and Privacy policies, detailing how my information might be used and disclosed as permitted under federal and state law. This document is a legal agreement in which I am making binding promises and giving up certain rights. By signing below, I agree that I have read, and I understand this document.**

- * I consent to treatment provided by Mara Thornberg, M.A., LPC, LCPC** _____
I consent to sharing information provided here.