

Hardy & Stephens Counseling Associates, PLLC

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PROFESSIONAL COUNSELING AGREEMENT

Christian counseling with integrity and excellence

Hardy & Stephens Counseling Associates is a group practice with a Christian perspective. Treatment objectives are focused on empowering clients toward emotional and spiritual healing by equipping them with tools and information to integrate their physical, mental and spiritual health.

THERAPUETIC CONSIDERATIONS

As the client, you have the right to ask your therapist questions about his or her qualifications, background, and therapeutic orientation. The most important factor in the success of therapy is good communication between therapist and client.

The process of change begins by first clearly defining the problem, and then discussing your thoughts and feelings, understanding the origin of the difficulty and developing new skills and healthy attitudes about yourself and others.

The process of change will, in many ways, be unique to your particular situation. Who you are as a person and your value system will help to determine the ways in which you go about changing your life.

In some instances, talking about your difficulties may initially exacerbate your symptoms. We believe over time you will see an improvement.

During the therapy process you may have questions about your treatment. This could include: goodness of fit between you and your therapist, issues related to treatment goals or progress. Please do not hesitate to bring this up in your session.

CONFIDENTIALITY POLICY

The staff and therapists at HSCA have an obligation to respect your right to confidentiality for the information you share within this clinical setting. Confidentiality of client information is governed by federal law (Health Information Portability and Accountability Act) and by state law.

The State of Minnesota laws impose some limitations to your rights to confidentiality. We are required by law to disclose the following:

- ✓ If you are a danger to yourself or someone else.
- ✓ Suspected maltreatment of minors or vulnerable adults. This includes physical abuse, sexual abuse or neglect.
- ✓ Prenatal exposure to controlled substances.
- ✓ Information that is Court Ordered to comply with state or federal law, rules or regulations.
- ✓ Information which is pertinent to a disciplinary proceeding involving licensing boards.

If you are a minor, you have a limited right to privacy in that your parents have access to your records. However, to address this concern, we have a limited confidentiality agreement.

There are instances in which individuals with HSCA have duties that require access to the information you may share for claim processing, scheduling, reports, case consultations, etc. I understand that my case may be discussed in case consultation with HSCA therapists for assessment, diagnosis, and evaluation of treatment and progress.

CONFIDENTIALITY AND RELEASE OF RECORDS

All information regarding patients is considered strictly confidential and will not be given out to anyone without your written consent. In the event of request for transfer of records, the records will be forwarded upon completion of a consent form and a payment fee based on the current MN Dept of Health maximum allowed. Copies of records are available for a \$16.00 processing fee, plus \$1.20 per page for copying.