

Informed Consent
Walk The Talk Therapy LLC
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Welcome

Thank you so much for choosing to work with me on issues of such importance to you. I look forward to our work together. The contents of this contract will include elements of the counseling and business relationships you and I are creating. Take your time reading it and be sure to ask any questions that come up for you. Once you have signed the contract, it will mark the beginning of our agreements for our professional relationship. I am happy to have a clarifying discussion about this document with you today and at any point during our work together.

Participation and Commitment

During the initial sessions we will get to know each other. After that we will schedule regular sessions, which are typically weekly, especially during the beginning of our therapeutic relationship. Then we will evaluate your needs and goals. Together, a treatment plan will be established. Due to the nature of counseling, it requires great dedication on the part of the family, couple or individual seeking support. It is crucial that you feel comfortable working with your therapist. At any time during the process of therapy, you are able to discontinue counseling without a penalty. If you do not schedule an appointment or have any contact with your therapist for more than 60 days you will no longer be considered a client of Sarah Ellenwood LPC LMFT of Walk The Talk Therapy LLC. This also applies if you miss 2 appointments in a row.

Potential Benefits and Risks of Counseling

Counseling is always voluntary and you are able to discontinue services at any time. You may ask for a referral to see another therapist at any point during treatment. Seeking counseling services can be a very different experience for every individual, couple and family. I use your goals as groundwork for treatment plans. I encourage active participation from clients to enhance the experience and benefits of therapy. At times, the work in the counseling session and in your everyday activities could become challenging. Some of the techniques I might suggest could bring up feelings of uneasiness and a variety of intense emotions. The work that we do together could help you through some of these feelings, and as a result, reduce them in the long run. For many people counseling has been a positive, life-altering experience. Since I work with many concerns and issues, and people are infinitely unique, I cannot guarantee the results you might experience.

Confidentiality

The conversations and other types of communication between a client and therapist are generally kept confidential. There are some exceptions to this protection under the law. One exception is being court ordered by a judge to break confidentiality. Another exception is physical, emotional, or sexual abuse of a minor, handicapped or elder person, and the safety of you or another person. In these scenarios I may be required to reveal information that was previously seen as confidential. Please note that I can not guarantee communication by email, phone or text message to be confidential, but I always do my best to protect my clients privacy.

Couples Policies

When clients come to therapy seeking help with their romantic relationship(s), the couple is treated as a client unit. All sessions for couples work will be done with all parties present. I am unable to see individuals from the couple unit as individual clients. All communication via email or text will be open for every member of the relationship unit. Sessions will begin when all persons from the couple unit have arrived. In order for me to treat the relationship as my client, all information shared with me in any format will be shared with all members of the relationship unit.

Professional Records

Professional counselors are required to keep completed records for their clients. You will have the right to access your records. The contents of treatment records could be upsetting. If you decide you would like to review such documents, I suggest that we review them together in a counseling session. As an LPC I am required to maintain these confidential records in a locked space and will discretely dispose of these files after 7 years.

Fees and Payment

My hourly fee is \$110 for individual sessions and \$120 for couple or family sessions. This amount is due before the counseling session begins, unless we have another documented arrangement. If you have arrived late for a counseling session we will proceed with the remaining time. There are no additional fees for arriving late to a counseling session. If you must cancel a counseling session for reasons other than an emergency, this must be done 24 hours in advance or you will be charged 50% of the sessions rate.

Contacting Me

In order to contact me between sessions I am available at my office number printed on page 1. Conversations that are longer than 10 minutes will be charged at a percentage of an hour-long session. Email & text should only be used as a manner of communicating about scheduling referrals or psychoeducational materials. I am unable to respond to emails that have a therapeutic nature. In case of an emergency you can always call 911 or the Multnomah County Crisis line at 503-988-4888.

Signatures:

When you place your signature here it means you have read and understand the terms in this document and agree to them for the full length of our counseling relationship.

(Your signature or Guardian if under 18)

date

(Your signature or Guardian if under 18)

date

(Minor's signature if able to sign)

date