

Consent to Treatment

Welcome to my consulting and counseling practice. This document contains important information about my professional services and business policies. It is important that you read the following information carefully, return one signed copy to me for my files, and keep the additional copy for yourself. When you sign this document, it will also represent an agreement between us. We can discuss any questions you have when you sign, or at any time in the future.

Professional Qualifications: As a graduate with my Ph.D. in Counselor Education from Idaho State University and my MA in Counseling from Seattle University, I possess over 6 years of experience as a licensed counselor. I have worked with children, youth, adults, couples, and families in a variety of settings such as mental health agencies, private practice, K-12 schools, and in higher education. I maintain and upgrade my skills on an ongoing basis by attending, participating, and facilitating workshops and conferences at the state and national levels. I am an active member of the following organizations: American Counseling Association, Association for Gay, Lesbian, Bisexual, and Transgender Issues in Counseling, Association for Counselor Educators and Supervision, Idaho Counseling Association, the Idaho Association of LGBT Issues in Counseling, and the Association of Family and Conciliation Courts.

Philosophy:

I provide services for children, youth, adults, and families, and specialize with those who identify as lesbian, gay, bisexual, transgender, queer or other sexual or gender identities (LGBTQ+). I offer a personalized approach tailored to the unique and individual needs of each client in both short-term and long-term therapy. I provide a warm and safe place for my clients to connect with their authentic self in a private setting utilizing a strength-based humanistic approach grounded in social justice philosophy. Together, we will explore your unique experiences, thoughts and feelings. At your discretion, we can develop a plan that works to best suit your needs. My goal is to assist you in empowering yourself through balance, awareness, knowledge and skills that enable you to gain a sense of meaning in your life

Confidentiality: Please read my *Notice of Privacy Policies* document for details. If you wish for me to be in contact with other persons or parties to discuss your treatment and coordinate care, please request a Release of Information authorization form from me, and we will discuss any release of information in advance.

Online Communication

In order to protect your confidentiality and maintain professional boundaries with you, I do not accept friend, contact, or follow requests on any social media platforms by current or former clients, nor do I submit such requests. If you have questions or concerns, please bring them up during our meetings.

Records Custodians

In case of extreme family emergency, incapacitation or death of your counselor, you will be contacted by one of two records custodians for Jennifer Gess Consulting and Counseling. They will ensure that you are notified, receive referrals, and that your records are stored confidentially for the length of time required by our ethical standards. These custodians are Jennifer Moore, MA, LPC, NCC and Danielle Walsh, MA, LPC, NCC.

Fees

It is important for our therapeutic relationship that we have clear financial agreements. My fee is \$110 for a 50-minute individual counseling session and \$125 for a 60-minute family counseling session. I do not

work with insurance companies or manage care companies. You will need to contact your insurance company if you are seeking reimbursement for services I provide.

Cancellations

Cancellations must be made at least 24 hours in advance. If you are unable to cancel 24-hours in advance you will be charged 50% of your usual fee for the first time and 100% thereafter.

Emergencies

Please call one of the following numbers for assistance:

- General Emergencies: 911
- National Crisis Line: 800-784-2433 or 800-273-8255
- Trevor Project: 866-488-7386
- Trans Lifeline: 877-565-8860

Concerns about my provision of services

I am an active member of the American Counseling Association. I am a licensed professional counselor (LPC). If you have any questions about any aspect of our professional relationship or about the specifics of those ethical standards of care, please discuss them with me. If you feel that I have not responded in a satisfactory manner, you can bring your concern against me by contacting the following agency:

Idaho Bureau of Occupational Licenses
P.O. Box 83720
Boise, ID 83720-0063
208.334.3233

If you would like to review my professional curriculum vitae, I am happy to email it to you. It is also on my website. I look forward to working with you!

Statement of Understanding and Consent to Treatment

I understand that by signing below I am giving consent to Jennifer Gess Consulting and Counseling to provide services. I acknowledge that I have read the above information and I understand what it says. I have been offered a copy of a professional disclosure statement.

_____	_____
Client Name (Print)	Date
_____	_____
Client Signature	Date

If client is a minor:

_____	_____
Parent/Guardian Name (Print)	Date
_____	_____
Parent/Guardian Signature	Date