

UNIVERSITY COUNSELING SERVICES – TRUMAN STATE UNIVERSITY CLIENT INFORMED CONSENT

ABOUT THERAPY: The primary goal of Truman State University Counseling Services is to promote your personal development and psychological well-being through counseling/therapy. Counseling/Therapy is a process to help you address concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It requires your active participation and relies upon a relationship between you and a trained therapist. Therapy requires you share sensitive, personal, and private information and has both benefits and risks. Risks may include experiencing uncomfortable feelings such as sadness, guilt, anger, frustration, loneliness and helplessness. During the course of therapy, you may feel increased anxiety or confusion because you discuss unpleasant aspects of your life. Your therapist will help support you throughout this process, and the outcome is often positive. Therapy often leads to a reduction in feelings of distress and increased satisfaction in relationships, greater personal awareness and insight, and increased skills for managing stress and resolving problems. However, the level of satisfaction for any specific individual is not predictable.

GETTING STARTED: Your initial appointment includes meeting a therapist and exploring the reasons you are seeking counseling/therapy and to discuss relevant personal history details. We will evaluate your needs and recommend how to proceed. If you have questions about any procedures, you should discuss them when they arise. If you are unhappy, we hope you will talk with us so we can respond. Your input will be taken seriously and handled with care and respect. If your doubts or concerns persist, we can assist you in meeting another mental health professional.

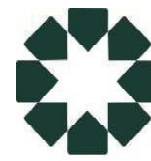
YOUR RIGHTS: You have the right to considerate, safe and respectful care without discrimination as to race, ethnicity, color, gender identity, sexual orientation, age, religion, origin or source of payment. You have the right to ask questions about any aspect of counseling and any provider's specific training. Subject to clinician availability, you have the right to another therapist and are free to end therapy.

PROFESSIONAL RELATIONSHIP: You have the right to expect therapists will not have social relationships with clients. You may see each other by accident on campus or in public. A therapist will not approach you or indicate familiarity. You choose whether or not to interact. If you approach your therapist, you may expect a brief greeting.

CONFIDENTIALITY: Interactions with UCS, including scheduling or attendance, content of your sessions, progress and your records are confidential and are stored securely at UCS, most in a computer database. Our electronic record keeping complies with HIPAA—required physical, technical and administrative safeguards. No record of therapy is contained in any academic, educational, or job placement file. You may request in writing UCS release specific information about your therapy to people and/or agencies you designate. Records are kept as long as required by law, typically at least seven years. You may request a review of your records with your therapist; these will be provided unless, in very rare circumstances, your therapist believes the records would be a danger to you. You may appeal that decision. Your protected information will not be disclosed except as described in this document.

EXCEPTIONS TO CONFIDENTIALITY:

1. UCS is a part of the Student Health Clinic provided by Complete Family Medicine, a service of Hannibal Regional Health System, Inc. Complete Family Medicine employs and contracts with skilled clinical and non-clinical professionals. Staff at UCS work as a team. For example, staff members may consult and review cases with other Student Health Clinic, Complete Family Medicine and its and their contracted personnel to improve the effectiveness of our services, better address your concerns, provide emergency back-up and collaborate on difficult issues. These consultations are for professional and training purposes.
2. If there is evidence of clear and imminent danger of harm to you and/or others, UCS is legally required to take appropriate action to ensure safety.
3. Missouri law requires UCS staff members who learn of or strongly suspect physical or sexual abuse or neglect of any person under 18 years of age and/or an incapacitated adult report this information.
4. In Missouri, individuals under 18 are not legally able to consent to treatment. Parents of minors may have access to records We urge parents to accept only general information unless there is a high risk of harm.



5. A court order, issued by a judge, may require UCS to release information contained in records and/or require a therapist to testify in a court hearing. If the UCS or one of its staff is legally obligated to comply with a court order, they will do so.
6. Certain information may be required to be disclosed to ensure insurance coverage. This does not apply if the client elects to pay without coverage.
7. If you participate in therapy as a result of a mandated requirement by the university, court or other governmental body, we will need to provide such verification as they require including attendance, participation or even progress. If you agree to this, we will make the minimum disclosure reasonable under the circumstances.

CLINICIANS: Counseling/Therapy may be provided by one of several individuals: professional counselors, social workers, psychologists and graduate assistants. Some services are provided by master's students. You will be informed if your therapist is working towards being fully licensed and the name of the supervising therapist. You may request not to receive services from a master's student. UCS providers include:

Erik Fox, who graduated from Colorado Christian University in 2022 with a Master of Arts in Clinical Mental Health Counseling. He is a Provisionally Licensed Professional Counselor (PLPC) authorized by Missouri's Committee for Professional Counselors. MO License number: 2023022520. As a PLPC, Erik is supervised by a fully licensed professional counselor, Nathan Remole, who graduated from MidAmerica Nazarene University with a Master's of Arts in Counseling. He is a Licensed Professional Counselor authorized by Missouri's Committee for Professional Counselors. MO License number: 2011009509.

Katherine Wischart, who graduated from Missouri Baptist University with a Master of Arts in Counseling. She is a Licensed Professional Counselor (LPC) authorized by Missouri's State Committee for Professional Counselors. MO License number: 1114270451.

Kimberly Olson, who will graduate from Truman State University with a Master of Arts in Counseling in Summer of 2025. She is a Student Counselor fulfilling her Practicum and Internship I and II requirements with Complete Family Medicine. As a Student Counselor, Kimberly is supervised by a fully licensed professional counselor, Tracy Parks, who graduated from the University of Missouri – Kansas City with a Master of Arts in Counseling and Guidance in May of 2002. He is a Licensed Professional Counselor (LPC) authorized by Missouri's Committee for Professional Counselors. MO License number: 2003013757

Kristin Henke, who graduated from the University of Denver with a doctorate in Clinical Psychology with a concentration in Sport and Performance Psychology. She is a Licensed Psychologist authorized by the Missouri State Committee of Psychologists and a member of PSYPACT. MO License number: #2023048026.

Lara Wisdom, who graduated from University of Saint Mary with a Master of Arts in Counseling Psychology. She is a Licensed Professional Counselor (LPC) in Missouri and a Licensed Professional Counselor (LPC) and Licensed Clinical Addictions Counselor (LCAC) in Kansas. MO License number: 2020037121. Kansas License numbers: LCPC: 03392 LCAC: 00841.

Lucas Fischer, who graduated from University of Missouri–St. Louis in May of 2021 with a Master of Education in Clinical Mental Health Counseling. He is a Licensed Professional Counselor (LPC) authorized by Missouri's Committee for Professional Counselors. MO License number: 2021035034.

Summer McGowan, who graduated from Southeast Missouri State University with a Master of Arts in School Counseling and with a Psychological Examiner's certificate. She is a Licensed Professional Counselor (LPC) authorized by Missouri's Committee for Professional Counselors and is also a National Certified Counselor. MO License number: 2020032040.

Tracy Parks, who graduated from the University of Missouri – Kansas City with a Master of Arts in Counseling and Guidance in May of 2002. He is a Licensed Professional Counselor (LPC) authorized by Missouri's Committee for Professional Counselors. MO License number: 2003013757

COMMUNICATIONS: Therapists are not usually available immediately by telephone. When your therapist is unavailable during normal business hours, our administrative staff will provide the therapist with your message. Therapists make reasonable efforts to return call as soon as possible, with the exception of weekends and holidays. We discourage your use of email, cellular phones, social media, text or other direct messaging systems to communicate about the substance of your counseling or other confidential information with us. These are not secure, and we cannot protect your information. If you provide your email and phone number, they will be used for scheduling only, and we will use text reminders only if you consent. If you provide us with your cell phone number, it will be used for scheduling purposes only and to reach out if your account balance is getting ready to be sent to collections. Remember there are risks of others discovering scheduling information on your cell phone so carefully consider how you want to receive appointment reminders. You may cancel or change your communication choices at any time.

CRISIS: Consider saving crisis contact information immediately. If you are in crisis outside of a session, contact:

National Suicide Prevention Hotline: 1-800-273-8255

Crisis TextLine: Text CONNECT to 741741

Access Crisis Intervention Hotlines serving Adair, Clark, Knox, Lewis, Macon, Marion, Schuyler, Scotland, and Shelby counties:

MOCARS: 1-800-356-5395

Preferred: 1-844-341-2390

These terms in addition to the consent to treat which you also have been provided guide our relationship.

I have read the information above and understand these provisions and policies. I understand I may address any questions regarding this consent with a counselor. I agree to counseling/treatment/assessment/consultation on these terms. I also understand this consent will remain in effect until I am no longer a Truman State University student, but I have the right to revoke my consent. If I do not consent or later revoke it, UCS may decline to provide me services.

Signature

Date

Printed Name

Date of Birth