

Destinacion's Equine Therapy

8315 Lakeview Drive

Black Forest, Colorado 80908 719.428.8967

NLC/MA/EAGALA/Life Coach

DEAR CLIENT:

Informed Consent

I am pleased that you have selected me as your psychotherapist. In order to give you the best service, and to meet the legal requirements of the State of Colorado, I would like to provide you with the following information:

- My professional background includes: an AA in psychology from PPCC in 2005. A Bachelor's Degree from the University of Colorado in Boulder in 2007 in K-12 education; a Master's Degree in Psychology and Military Trauma Specialization from Adler School of Psychology in 2018. Also in 2018, I received my accreditation in Life Coaching (UC-92KARPKS). I am a certified EAGALA MH and ES. Childhood disorders, traumas, academic imitations, autism spectrum disorder, Asperger's, and family issues, in body image, eating disorders, PTSD, TBI, family integration, military issues, family, groups, corporations, businesses, premarital, divorce, LGBTQ, spiritual, post-partum, and so much more, are the areas I practice and study. I am EAGALA certified and Registered and monitored by the State Board of Psychotherapists in Colorado; DORA. (License No. 0109407)
- The practice of both licensed and unlicensed persons in the field of psychotherapy is regulated by the Department of Regulatory Agencies, Division of Registrations. Any questions, concerns, or complaints regarding the practice of mental health may be directed

to the Department of Regulatory Agencies, Division of Registrations, 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800.

- You are entitled to receive information at any time about methods of therapy, the techniques used, the duration of therapy, if known, and the fee structure. You may seek a second opinion from another therapist or may terminate therapy at any time.
- Dual roles, exploitation, and sexual intimacy are never appropriate in a professional relationship and should be reported to the Office of Professional Regulations
- **CONFIDENTIALITY:** The information provided by you as a client during therapy session is legally confidential in the case of mental health professionals. The limits of confidentiality are set by law. If I am directed by a judge in a court of law to reveal information, then I must do so. Legal confidentiality does not apply in criminal or juvenile delinquency proceedings. If you provide me with information about child abuse or abuse of the elderly, I must report that information immediately. If you tell me that you intend to harm someone else or yourself, I am required by law to reveal that information to the authorities and to the individual who may be harmed. In addition, I am required to work with you closely to preserve your safety. Furthermore, you will often have sessions with a team approach; client, horse, equine specialist, and mental health specialist. Any person assisting in those EAGALA roles are signed and sworn to the very same standards of confidentiality. An ES abides by the same standards as your MH professional, and cannot disclose any information regarding: you, the session, your history, treatment, condition, diagnoses, experience with the session, or anything related to you, your health, or experiences. By signing, you understand the roles of all 4 EAGALA participants and the standards by which they are held.

- **INSURANCE AND FEES:** I am not taking insurance at this time.
- Some health insurance companies will reimburse clients for my counseling services and some will not. In addition, most will require that I diagnose your mental health condition and indicate that you have an “illness” before they will reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis I plan to render before I submit it to the health insurance company. Any diagnosis made will become a part of your permanent insurance records.
- My fee is \$95.00-110 for a 65-minute equine session. I offer a sliding scale with evidence of hardship. I also provide non-equine services for varying fees. I ask that you pay at the beginning of each session. Cash, credit cards, HSA, or check payment is acceptable. There will be a \$25.00 charge for checks drawn on insufficient funds. Charges for my services include office appointments and crisis phone sessions, to include teletherapy. Additionally, I reserve the right to use a collection agency to collect fees that are more than 120 days past due, unless we have agreed on an alternative payment plan. Please contact me at least 24 hours ahead of time if you need to cancel an appointment. Without this notice, you will be charged \$25 for the first missed appointment and \$50 any additional appointments missed.
- **HOW TO REACH ME:** You can reach me by leaving a message on my voice mail at (719) 428-8967. In the event of a psychiatric emergency, please leave me a message on my voicemail indicating that you are in a state of emergency if you are safe and able, and, in addition, immediately call 911 or your nearest hospital.

- **FEEDBACK:** Your input in your treatment is invaluable. Please keep me informed in terms of what you feel works for you/does not work for you in our sessions. Please give me feedback about anything about our work together that causes you distress or makes you feel uncomfortable. You are welcome and encouraged to ask questions about my theory of psychotherapy, any of my policies, your bill, or any other concerns that arise. The better informed you are, the more effective our work together will be.

Sincerely,

Jennifer R. Wolf NLC/MA/Eagala /Life Coach

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I have read and I understand the information outlined in this Informed Consent Form. I have had my questions answered to my satisfaction. I have received a copy of this form for my own records. I hereby acknowledge that I have received the provider's Notice of Privacy Rights.

Client Signature

Date