

Rev. Nikki Stahl, LMSW
United Christian Church
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Confidentiality and Informed Consent to Treatment

Confidentiality

Therapy is confidential. Although we may run into each other at church or church events/meetings, I will not acknowledge to others that you are a client and seeking counseling services. This includes divulging information to other United Christian Church pastors, or paid, or unpaid, staff unless you specifically give me permission to share.

Confidentiality does have the following exceptions:

- Duty to Warn: Therapists are mandated by law to disclose pertinent information discussed in therapy if the client has an intent or plan to harm another person. We are required to inform the intended victim and notify legal authorities.
- Suicide/Self harm: Depression is common emotion expressed in therapy, but if a client is feeling hopeless enough to imply or disclose a plan for suicide; steps need to be taken to ensure safety. This would include notifying the legal authorities as well as make reasonable attempts to notify the family.
- Vulnerable Adults and Children: Therapists are required by law to report stated or suspected abuse of a child or vulnerable adult to the appropriate social service agencies and/or legal authorities.
- Prenatal Exposure to Controlled Substances: In keeping with protecting vulnerable populations, therapists are required to report admitted use of controlled substances during pregnancy that are potentially harmful to the fetus.

Other than the noted exceptions, if there are client-desired reasons to disclose protected confidential information outside of United Christian Church (such as caregivers, referrals, etc.), you will be provided a Release of Information form.

Currently, I am working towards a Licensed Clinical Social Worker designation (LCSW). As part of the LCSW licensing requirements, I am required to be in Supervision. My supervisor is Ashely Ellison, LCSW. During our supervision meetings, cases may be discussed but as a Licensed Clinical Social Worker, Ashley Ellison is held to the same confidentiality standards as laid out in this Confidentiality and Informed Consent to Treatment.

Consent to Treatment

While focusing on client needs translated into goals, treatment may include a blend of therapeutic strategies and homework designed by the therapist and client in partnership. It is understood that while therapy may provide significant benefits, it may also pose risks. Therapy may elicit uncomfortable thoughts and feelings, or may lead to the recall of troubling experiences. Over time any unpleasant symptoms typically subside as tools and strategies are practiced and insight is gained. It is important to keep the therapist informed of symptoms and reactions.

Rights

Clients have the following rights as stated by the Board of Social Work Examiners and the National Association of Social Workers:

- The right to privacy and confidentiality, as covered above.
- The right against discrimination based on age, race, gender, ethnic origin, disability, creed, sexual orientation or gender identity and/or expression.
- The right to know the therapist's qualification and to ask about education and training and other related information pertaining to client care.
- The right to be informed of the therapist's assessment of client problems and available treatment options, estimated length of treatment, to participate in goal-setting, to openly explore expected outcomes and review clinical notes. No audio or video recording of a treatment session can be made without your written permission.
- The right to revoke consent to treatment, refuse treatment or an approach to treatment.
- The right not be referred or terminated without explanation and notice. You have the right to receive active assistance in referring you to appropriate services.
- The right not to be subjected to sexual harassment – physical or verbal in nature.
- The right to voice grievances to the Texas State Board of Social Work Examiners or the National Association of Social Workers.

Fees and Cancellations

Because counseling services offered are part of my role as Associate Pastor, the cost of therapy will be \$0. Cancellations may be made by text, email or phone. Please notify me at least 24 hours in advance when possible.

Communication

I will be available within 24 hours by phone, email or text. I will make every effort to return your calls, texts or emails as soon as possible. You can leave private information on my voice and emails since I am the only person who retrieves those messages. Please don't leave private information in text messages.

If you have an emergency, please call 911.

Client Signature

Client Printed Name

Rev. Nikki Stahl, LMSW