

Client's name \_\_\_\_\_

## Path of Life Ministry Informed Consent

### 1. My Qualifications and Credentials

Kathy Milans has experience as an elementary educator, teacher trainer, adjunct professor, and has served as Family Resource Director for a major hospital. Along with a B.A. and M.A. In Education, she holds an M.A. in Pastoral Counseling from Asbury Theological Seminary. Kathy is licensed by the state of Kentucky to provide pastoral counseling and is credentialed as a Registered Play Therapist/Supervisor by the American Association of Play Therapy. She is certified as a spiritual director. Kathy has been owner/counselor of Path of Life Ministry since 2004 and has served over 1000 clients in the surrounding area.

### 2. Counseling Approach

Kathy uses a variety of interventions to assist you. Depending on your special need, she may use Cognitive Behavioral Therapy, and Schema Therapy. Your care will include spiritual practices such as prayer, use of Scripture, use of religious imagery, or Christian meditation all with an emphasis on solid Christian principles.

### 3. Goals

Specific goals will be developed and mutually agreed upon. The goals may be specific (change in behavior, improved relationships, or more general (less anxiety, improved mood). The length of therapy depends on the complexity and severity of your problems.

### 4. Fees

Fees are on a sliding scale basis and are due in cash, check, or credit card at the beginning of each session. Kathy does not bill insurance, **but at your request**, can provide a coded receipt that you can file yourself. She cannot guarantee that any insurance company will reimburse you for services. A \$40 fee will be charged for checks that are returned for insufficient funds. Services thereafter will be on a cash only basis.

Your fee for services will be based on a sliding scale according to your family's **gross** yearly income. Yearly income includes income such as child support payments, maintenance (alimony), and disability payments.

**Please check on the line below to determine the fee for services:**

	Yearly Gross Income	Fee per Session
_____	\$0 thru \$19,999	\$45.00
_____	\$20,000 thru \$29,999	\$55.00
_____	\$30,000 thru \$39,999	\$65.00
_____	\$40,000 thru \$49,999	\$75.00
_____	\$50,000 thru \$59,999	\$85.00
_____	\$60,000 thru \$69,999	\$95.00
_____	\$70,000 thru \$79,999	\$105.00
_____	\$80,000 thru \$89,999	\$115.00
_____	\$90,000 and above	\$125.00

There will be a \$20 document preparation fee to cover my time and materials if you request a written letter regarding your care or the care of a minor child.

## 5. Sessions

Sessions will last no more than 60 minutes. Sessions will begin and end on time. If you arrive late for a session, your session time will be shortened and your normal fee will be expected. Please call 24 hours in advance if you need to change or cancel your appointment. Your appointment time has been reserved just for you. **If you do not provide the 24-hour notice, you will be asked to pay for the missed session at the beginning of your next appointment.** The maximum fee per missed session is \$60.

## 6. Benefits and Risks of Therapy for Adults

Counseling may involve discussing relational, spiritual, psychological, and/or emotional issues that at times are distressing. There is no guarantee of outcomes as a result of participating in upcoming sessions. At any point during the counseling relationship, Kathy may deem it in your best interests to be referred to another professional. If you are involved in violence, substance abuse or have threatening behavior, Kathy may discontinue your therapy and give you an appropriate referral. You have the right to discontinue counseling at any time.

## 7. Confidentiality for Adults

Kathy will keep everything you say completely confidential, with the following exceptions:

- You direct Kathy to talk to someone else and you sign a "Release of Information" form.
- Kathy determines that you are a danger to yourself or to others.
- You report information about the abuse of a child, elderly person, or a disabled individual who may require protection.
- Kathy is ordered by a judge to disclose information even after asserting professional privilege.
- You file a complaint or lawsuit, and while defending herself, Kathy may disclose personal information.

In couple and family guidance, Kathy does not view confidentiality as applying between a couple and family members and she will use clinical judgment regarding revealing information.

Kathy will not reveal your identity as a client to others. Therefore, she will not address you if she meets you somewhere in public. She will decline any social invitations, as once she is your counselor, she will always remain in that role. These guidelines are not meant to be discourteous in any way. They are meant for your long term protection.

## 8. Emergency Care

If you have an emergency, please call 911 or go to your local emergency room.

## 9. Child Care and Safety on the Premises

No provision is made for child care. Path of Life Ministry is not responsible for any accidents or injuries to children who are unsupervised by their parents on the property.

## 10. Homework

Homework is an important part of the growth that you will make and may be given at each session attended.

Please sign below that you have read, understand, and agree to comply with the above policies of Path of Life Ministry.

Client signature \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_

Date \_\_\_\_\_