

# *Brittany Crim, M.A., LPC*

Licensed Professional Counselor by the Texas Board of Examiners of Professional Counselors

## Professional Disclosure Statement

### **Counseling Relationship**

Welcome! You have taken a crucial step in beginning the process of change. You have the right to choose alternatives and to participate in designing your treatment plan. My approach to counseling takes into account the spiritual, psychological, social, and biological dimensions of a person. Counseling may involve discussing relationship, spiritual, psychological, and/or emotional issues that may at times be distressing. However, the process is intended to help you personally and with relationships, and I desire for all of my clients to experience true healing and freedom. The effectiveness of counseling depends heavily on how much you invest into this relationship. The more you put into counseling the more you will get out of it.

### **My Credentials and Personal Statement**

I am a Licensed Professional Counselor and was granted my license by the Texas State Board of Examiners of Professional Counselors after meeting all educational and training requirements, passing the board exam, and then completing 3,000 counseling hours and weekly meetings with a supervisor. I have my Master's Degree in Christian Counseling from Southwestern Seminary and my B.S. in Human Development and Family Sciences from The University of Texas. Prior to working in private practice, I served on church staff for nine years. On a personal level, I uphold Christian beliefs and approach life from a Biblical perspective. I do not impose my beliefs on any client and will only incorporate Scripture or prayer when requested and appropriate and as it remains consistent with the client's values. As an effort to regularly uphold these beliefs I pray for all of my clients, am involved in a local church, desire to constantly be growing in my relationship with Christ, and am a member of the American Association of Christian Counselors.

### **Counseling Process**

The counseling process progresses through various stages. You can expect that you will initially be talking about the problem that brought you to counseling as well as your background. The next step is to set reasonable and manageable goals followed by actively working on them. When you are at a point where you have met those goals and are functioning more independently and healthily, then termination is the next step. Ideally, termination will occur when both you and I think it is the right time. Sometimes it may be necessary to revisit these stages as counseling unfolds.

### **Your Rights**

You have the right to:

- Terminate counseling or seek referral at any time
- Know the therapist's values about issues, life, or any viewpoint
- Request explanation of any rationale or treatment utilized or to refuse any treatment
- Know the therapist's credentials
- Request the involvement of significant others in the counseling session
- A timeline regarding duration of therapy and estimated date of termination
- Know the fees for any treatment or testing before agreeing to participate

## Confidentiality

What is discussed in counseling is kept private and confidential by both ethical and legal standards. Limits to confidentiality are listed below:

- The counselor determines the client is a danger of harming himself/herself or someone else
  - The client discloses abuse or neglect of a child, elderly or disabled person.
  - The client authorizes the counselor to release records.
  - The counselor or counseling records are summoned or subpoenaed by a court of law
  - The counselor is otherwise required by law.
  - The counselor becomes aware of an ethical violation by another mental health professional
- In marriage or family counseling, confidentiality belongs primarily to the relationship and not solely to the individual.

## Risks and Benefits

Counseling is not an easy process and you should be aware of both the risks and benefits. There is a tremendous potential for change. However, counseling can explore difficult areas of one's life and bring up various emotions that result in discomfort, pain, and anxiety. Therapy is a process of growth, personal awareness, and healing, but sometimes symptoms worsen before they get better. The goal is to confront issues and emotions together and to work through them over time. Long-term true healing is desired over immediate, temporary relief.

## Fee Schedule

Session fees are based on either a sliding scale or insurance benefits. Payment is due in full at each session and cash, personal checks or credit cards (MasterCard or Visa) are accepted. Together, the client and counselor will make decisions concerning how often and for how long they should meet.

Between sessions, any phone calls longer than ten minutes result in additional fees. In the event that I am asked to appear in court or am subpoenaed on your behalf, my fee is \$150 an hour for any preparation and from the time I leave the office until I am released by the court. I require an 8 hour retainer up front and ongoing appearances in court will result in additional retainer fees.

## Appointments

Each appointment is 50 minutes long. In the event that you are running late to an appointment please call, but know that we will still end at the specified time and the rate does not change. In the event you are unable to make an appointment, it is necessary to give 24 hours notice. Less than 24 hours notice results in a charge for the session. **You may contact me at 214.491.0481 or [brittany@planocounseling.org](mailto:brittany@planocounseling.org).**

## After Hours / Emergencies

I return messages and emails at least by the end of the next business day. So, in the case of an emergency, please contact your primary care physician, 911, your local hospital, or a suicide hotline: 214.828.1000 or 1.800.SUICIDE. It is the client's responsibility to seek the appropriate resources in emergency situations.

If you have any questions about any of the above fees or other information, please do not hesitate to ask.

Complaints may be filed in writing to:  
Texas State Board of Examiners of Professional Counselors  
Complaints Management and Investigative Section  
P.O. Box 141369  
Austin, Texas 78714-1369  
Or call: 1-800-942-5540.

### Consent for Treatment

By signing below, I have read and understand the above disclosure statement. I agree to abide by the contents and am willing to participate in treatment. I have also been made aware of my rights under HIPPA. All members of your family who are involved in this therapy need to sign below, indicating understanding of these policies and procedures. If patient is under 18, I, \_\_\_\_\_ (please print), have legal custody and give my consent for counseling of the below named minor.

Client or Guardian  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client or Minor  
Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Client  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Printed Name: Brittany Crim, M.A., LPC Date: \_\_\_\_\_