



# Ross Lents, LPC, LLC

2301 W I-44 Service Rd, 3<sup>rd</sup> Floor  
Oklahoma City, OK 73112

---

## **Consent for Services and Confidentiality Statement**

As a client in therapy, you have certain rights and responsibilities that are important for you to understand. There are also legal limitations to those rights that you should be aware of. As your therapist, I have corresponding responsibilities to you. These rights and responsibilities are described in the following sections.

### **Understanding Therapy and Risk**

Therapy has both benefits and risks. Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness because the process of therapy often requires discussing the unpleasant aspects of your life. However, therapy has been shown to have benefits for those who undertake it. Therapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, and increased skills for managing stress. However, there are no guarantees to therapeutic outcomes. Therapy requires an active effort on your part. In order to be most successful, you will have to work on things we discuss outside of sessions.

The first 2-3 sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some initial impressions of what therapy might include. We can then discuss your treatment goals and create a treatment plan. If you have questions about my process, we should discuss them if ever they arise.

### **Services provided**

I provide therapeutic services to individuals, couples, and families, which include, but not limited to depression, anxiety, adjustment issues, PTSD/Trauma, grief, self-esteem, anger management, identity issues, communication/marital issues, divorce, conflict resolution, family boundaries, and assertiveness.

### **Services do *not* include:**

- Personality, ability, or vocational interest testing or evaluations.
- Custody evaluation
- Alcohol and Drug Counseling. A referral can be provided for such issues.
- Prescription of medications or treatment of problems of which medications or hospitalization may be the treatment of choice, such as severe major depression, suicidal ideation, hallucinations, delusions, etc. A referral can be provided for such issues.

## **Emergency Services**

I do not provide emergency services. Therefore, in the event of an emergency, you are advised to contact the Oklahoma County Crisis Line at 405-522-8100, Suicide Prevention Hotline at 1-800-784-2433, dial 911, or go to the nearest emergency room. When I am out of town for an extended period of time I will give you the name of a colleague you can contact in case of an urgent need. If you believe you will need a therapist with 24 hour coverage I will be happy to make a referral.

## **Court/Arbitration Notice**

As a counselor, I am sometimes asked to provide counseling services to an adolescent or family, whose parents or guardians are involved with legal disputes or challenges involving custody, visitation or other court related issues. The regulations and codes of ethics under which I practice my profession specifically describe how I legally may or may not conduct my services in matters involving legal decisions.

If I accept an adolescent, adult or family as a client for counseling services, I cannot be used as an expert witness for any forensic purposes. As your counselor, I would only be able to serve as a “fact” witness in any legal report, deposition or testimony. I could only provide factual information about services you received, and only when the client and/or legal guardian gives her/his written permission to waive confidentiality. Waivers of privilege/ confidentiality must describe what specific information is to be released, to whom, for what purpose and for how long the release is valid. As a factual witness, I may not offer any conclusions, opinions or recommendations. I can report that I provided X number of sessions; that we have developed a counseling plan; what the goals and objectives of the plan are, and other “facts”.

I will charge a fee for report writing, telephone consultations with attorneys, depositions, and court appearance and testimony. I will provide clients with a fee schedule that details the amounts charged for these services

## **Client Rights**

You have the right to considerate, safe and respectful care, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, or source of payment. You have the right to be served in a non-coercive manner that protects and supports your right to self-determination. You have the right to expect that I will not have social or sexual relationships with clients or with former clients.

You have the right to refuse any service which you do not want and to discontinue any services you have already started. However, if you choose to discontinue treatment against professional advice, a notation to that effect will be placed in your records. In the event of court-ordered clients, the terms of the court may supersede this right.

You have the right to participate in treatment planning and decisions regarding the services provided and to expect family and/or significant other to also be included in that process if you desire. You have the right to ask what is happening in therapy, I hope you will talk with me so that I can respond to your concerns. Such comments will be taken seriously and handled with care and respect. You may also

request that I refer you to another therapist and are free to end therapy at any time. You have the right to assert grievances with respect to any alleged infringement of the client's rights or any other statutorily granted rights without fear of retaliation or being subjected to any adverse conditions as a result.

### **Fees**

Standard session fee is \$100 per 55 minute session. Accepted payments are cash, check, and credit card. Other fees, including cancellation fees, are outlined in a separate document: Fee Agreement. It is your responsibility to pay all fees.

## **Counselor's Responsibilities to the Client**

### **Records**

I keep records of your counseling sessions and a treatment plan which includes goals for your counseling. These records are kept to ensure a direction to your sessions and continuity of service. They will not be shared except with respect to the limits to confidentiality discussed in the Confidentiality section. Should you wish to have your records released, you are required to sign a release of information which specifies what information is to be released and to whom. Records will be kept for at least 7 years. Records will be kept either electronically or in a paper file and stored in a locked cabinet in the counselor's office

### **Use of Technology**

I accept online communication for appointment changes only. I will take every precaution to safeguard your information but cannot guarantee that unauthorized access to electronic communications may not occur. I cannot control if any friends, family members, significant others, co-workers, or unknown entity may have access to your computer, phone, or other technology used.

## **Confidentiality**

Client records and clinical information are considered confidential and will not be released to other individuals or agencies without expressed written consent from you or the child's guardian, parent of a minor child, or a private or public child care agency having legal custody of the minor child. But there are a few exceptions as follows:

### **Exceptions to Confidentiality**

1. Reports or suspicion of intention to harm yourself or someone else
2. Suspected, actual, or imminent harm to a child, elderly and/or incapacitated adults must be reported to the Department of Human Services (this may include the use of drugs/alcohol, gambling, domestic violence and other behaviors causing harm to individuals)
3. On the order of a court or in the event of a valid medical emergency

*Reporting applies only to initial reports of abuse or neglect and not to requests for additional information or records. Court orders are still required before records may be used to initiate or substantiate any criminal charge or to conduct any investigation of a client.*