

Intrepid Counseling LLC

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Welcome to Intrepid Counseling! Please read the following information closely. It is my duty to help you understand it, so please bring any questions to our first appointment.

Clinician Disclosure: Your Therapist's Training and Experience

I, Brianna Nystrom White hold a Master's degree in Marriage and Family Therapy from Fuller Graduate School of Psychology, and am licensed by the state of Washington, U.S.A, to practice therapy/counseling as a Licensed Marriage and Family Therapist (license #LF60567087). I have achieved designation by the state of Washington as a Child Mental Health Specialist based on my training and experience.

I have specialized training in treating children and adults suffering from trauma, including physical and sexual abuse. My experience includes working for five years at Dawson Place Child Advocacy Center, serving young victims of crime ages 0-22. Through this work I have also become an expert at helping parents support their children through trauma and other mental health struggles. My clients were referred to me for trauma treatment, but because trauma can happen to anyone, they also faced the whole range of normal challenges teens and adolescents face including depression, anxiety, school struggles, family problems, sexual and gender identity questions, losses and difficult transitions.

Some of the treatments in which I am certified include [Trauma Focused Cognitive Behavioral Therapy](#), [CBT+](#), [The Common Elements Treatment Approach](#), and [Cognitive Processing Therapy](#). [Restoration Therapy](#) is another treatment approach in which I have extensive training. Many of these approaches have in common the idea that it is empowering to understand the patterns and connections between our feelings, thoughts and behavior.

As a Marriage and family Therapist, I believe that even though one person in a family may be the main one seeking counseling, other family members may need support as well, and can definitely be helpful in my client's healing process. When working with children 12 and younger I require active parent involvement, and with clients 13 and older I strongly encourage it. Teen clients who include their parents are often more satisfied with therapy and get better faster.

My Policies and Procedures

Being in counseling/therapy (I use these terms interchangeably) is a legally defined relationship with risks and rights associated with it. Please read the information below carefully. There will be a quiz before you sign this. There really will be. I will ask you what my cat's name is.

Your Rights as a Therapy/Counseling Client

Therapy/counseling is a relationship that works in part because of clearly defined rights and responsibilities held by each person. As a client in therapy, you have certain rights that are important for you to know about because this is your therapy, and the goal is your well-being. Fulfilling your responsibilities will make your experience in therapy smooth and successful.

You have the Right to Confidentiality.

Your participation in therapy, the content of our sessions, and any information you provide to me is protected by legal confidentiality. Some exceptions to confidentiality are the following situations in which I may choose to, or be required to, disclose this information:

- If you give me written consent to have the information released to another party;
- With your authorization, to effect billing of a third-party payor for the services I provide to you;
- In the case of your death or disability I may disclose information to your personal representative;
- If you waive confidentiality by bringing legal action against me;
- In response to a valid subpoena from a court or from the secretary of the Washington State Department of Health for records related to a complaint, report, or investigation;
- If I reasonably believe that disclosure of confidential information will avoid or minimize an imminent danger to your health or safety or the health or safety of any other person;
- If, without prior written agreement, no payment for services has been received after 90 days, the account name and amount may be submitted to a collection agency.

As a mandated reporter, I am required by law to disclose certain confidential information including suspected abuse or neglect of children under RCW 26.44, suspected abuse or neglect of vulnerable adults under RCW 74.34, or as otherwise required in proceedings under RCW 71.05.

Family and Relationship Counseling

If you are seeking family or relationship counseling, it is important you understand that I will adhere to the ethical and legal requirements of confidentiality, however, I cannot ensure that you or the other participants in the family or relationship counseling will maintain confidentiality about your therapeutic experience including content discussed within the counseling session. In addition, in the case of family or relationship counseling, the entire treatment record will be available to any and all participants in the family or relationship counseling, and all participants must consent to any authorized third party disclosure.

I cannot maintain secrets between members of the family or relationship. In such situations, if we cannot find a clinically appropriate way for you to disclose the information to the other member(s) of the family or relationship, I may need to terminate the clinical relationship and refer you to another provider.

Consultation and Access to Records

I seek ongoing consultation from colleagues in order to provide you with the best services possible. I may disclose information about you in consultation with colleagues, in which case I will limit the information I disclose to the minimum amount necessary. I have an agreement with Sally Zehrung, LMFT to access my client files, in accordance with all applicable state and federal laws or rules, in order to make appropriate

notification and referrals in case I am temporarily or permanently incapacitated. If you do not consent to Sally Zehring, LMFT accessing your file in case of my incapacity, please let me know so that I may make alternative arrangements.

Working with Minors

If you are the parent or guardian of a minor who is seeking treatment, please know that under Washington State law, any child age 13 or older can independently consent to mental health treatment without your permission. In addition, parents or guardians may not generally access the treatment record of a client aged 13 or older without that client's written permission. If you are 13 years of age or older, you have the legal right to seek mental health treatment without obtaining permission from a parent or guardian. Under certain circumstances, the parent of an adolescent may consent, on behalf of the adolescent, to a mental health or substance use assessment and limited treatment.

I am not able to provide a recommendation, evaluation, or opinion, in any legal forum relating to separation, divorce, child custody, visitation, or parenting plans. For children under age 13, I will need to be provided with a copy of any parenting plan, custody orders, or any other similar documents, including any changes or revisions made during the course of treatment. It is generally necessary that both parents or legal guardians consent to treatment of their minor child.

You have the Right to Informed Consent.

You have the right to understand and agree to everything that happens in therapy. I welcome any questions you have. As your therapist, I am always willing to discuss how and why I have decided to do what I am doing and to look at alternatives that might work better. You can feel free to ask to try something that you think will be helpful. You are free to leave therapy at any time. You have the right to refuse anything that I suggest. As an individual, you have the right to refuse any treatment you do not want, and the right to choose a practitioner and treatment modality which best suits your needs.

I have the responsibility to handle any Dual Relationships ethically.

If you know of another way we are connected besides as therapist and client, you may feel free to discuss this with me at any time. I will not ask you to form a different type of relationship with me outside of the therapy context, for example a business or social relationship. In some contexts, such as small missions communities, dual relationships are common and inevitable. Therapists do not have social or sexual relationships with clients or former clients because that would not only be unethical and illegal, it would be an abuse of the power they have as a therapist. Professional ethics standards do not permit me to communicate with clients via personal social media. For this reason, I cannot accept any client requests to connect on Facebook, or other similar social media platforms even after our clinical relationship ends. Quiz answer: My cat's names are Perch and Maple.

You have the right to make a Complaint or report Unprofessional Conduct.

If you're unhappy with what's happening in therapy, I hope you'll talk about it with me so that I can respond to your concerns. I will take such criticism seriously and with care and respect. If you suspect that my conduct has been unprofessional in any way, you may contact the Department of Health at the following address, phone number or email: Health Professions Quality Assurance Customer Service Center P.O. Box 47865 Olympia, WA 98504-7869, phone 360.236.4700; email hpqa.csc@doh.gov. A copy of the Washington Acts of Unprofessional Conduct can be found at RCW 18.130.180.

What you need to know about the Process of Therapy/Counseling

Research shows Tele-Mental Health is as helpful as face to face counseling, if it's right for you.

Technology has made it possible to meet across long distances and it is making access to counseling possible where it has never been before. Tele-mental health has been shown to be an effective form of therapy with advantages and disadvantages like every other modality. Traffic and transportation problems can be major barriers to treatment in in-person counseling, but this is not an issue when we meet in video sessions. On the other hand, some people find it difficult to feel open with someone who is not physically present and technology does not always work perfectly. It is ok to decide that remote therapy is not for you and I will help you make other plans for your care.

Audio-Only Telehealth Billing

Under Washington law, a healthcare provider may bill a client or the client's insurance for audio-only telehealth sessions only with the prior consent of the client. If you would like to have the option to engage in audio-only telehealth services (telehealth via phone), you may initial below:

_____ initial if you consent to billing for audio-only (telephone) telehealth services.

I can only work with clients who live in certain places.

Within the U.S., therapists are generally allowed to use tele-mental health sessions to treat people in their own state, that is, the state in which they are licensed. This is because each state takes responsibility for the quality of services provided to their residents by licensing professionals who work there. The state declines to vouch for practitioners from other states and makes it illegal for them to work there. Internationally, some countries have laws regulating the practice of counseling and others do not. For example, Canada does, but Papua New Guinea does not. By signing this document and participating in tele-mental health therapy you are acknowledging that you understand I hold a license in Washington State, U.S.A. and Georgia, U.S.A, and will be operating according to the mental health laws of Georgia, U.S.A. If you move to a jurisdiction that regulates the practice of mental health and where I am not licensed, our work must end and I will try to provide you with local referrals. If you travel outside an area where I am permitted to work, we will not be able to have sessions while you are in a location where I am not legally able to work. Crisis referrals may be an exception to this rule.

I do not provide Emergency Services.

I do not provide crisis services. I provide services during our scheduled appointments.

If you're in an emergency or crisis situation in the United States, call the national crisis line, call 911, and/or go to an Emergency Room. After you've reached help from these crisis resources, you may also call me. I will typically respond to phone calls within 24 hours, but at times it can be significantly longer.

If you are not in the United States, contact your local emergency resources, seek help from a local medical emergency provider and use the Befrienders Worldwide crisis service.

U.S. National Crisis line: <https://suicidepreventionlifeline.org/>

Befrienders Worldwide: <https://www.befrienders.org/>

Meeting online instead of in-person requires some extra planning.

Just like it is important to plan how you will get to a physical office, you will need to plan how you will set up the space in which you sit while you meet with me. I will help you to plan to meet in a place that is quiet, private, has the necessary technology and where you will not be interrupted.

We will also plan together what each of us will do if a crisis occurs. This will include you identifying certain people I can contact and share certain information in case of an emergency. For example, for a minor client, this should be the client's parents. For adults, this would be at least one family member, room-mate or close friend. I may not judge tele-mental health as an appropriate form of treatment, or me to be the right kind of clinician for someone who is not willing to provide me with emergency contact information for someone physically near them. I do not recommend minors to participate in tele-mental health without parents consent. It is always my strong preference to involve young clients' families and this is part of my philosophy of counseling.

Counseling/Therapy has some Risks.

Therapy has potential emotional risks. Approaching feelings or thoughts that you have tried not to think about for a long time may be painful. Sometimes symptoms get worse before they get better. You may find your relationship with your therapist to be a source of strong feelings. You may also decide that using video sessions is not an effective method for you. It is important that you consider carefully whether these risks are worth the benefits to you. Most people who take these risks find that therapy is helpful.

A Treatment Plan and Symptom Measurement will help us stay focused.

Therapy is a joint effort between therapist and client. We will use a Treatment Plan to agree on what your goals for therapy are so we can keep our sessions focused on your priorities. We will use common, standardized symptom questionnaires known as "measures" to numerically document how your symptoms change as you progress toward your goals. One way to know our work together is complete is if you have completed the goals we set together.

It is important to finish well.

Closure is an important part of the therapeutic process, so I ask that clients agree to a closure session to adequately honor the work they have done in therapy. In order for therapy to work, it is crucial to keep the lines of communication open. Please come and talk to me about any concerns you have regarding our work together.

Therapy may also be ended for a variety of reasons, including the following conditions: If I judge that I am not able to help you because of the kind of problem you have or because my training and skills are not appropriate, you will be informed of this fact and referred to another therapist who may be able to meet your needs. If you do violence to, threaten, verbally or physically, or harass me or ask me to engage in any illegal conduct, you will be unilaterally and immediately terminated from treatment. If services are terminated, I will provide you with appropriate referral resources.

If you move to a location that regulates the practice of mental health (for example the United States, Canada, Europe) and if I am not licensed or otherwise permitted to work in that location, our work together will end and I will attempt to provide you with the most appropriate referrals that I can.

If, I have not heard from you in 30 days, without having made prior arrangements, I will assume that you would like me to terminate our current episode of care and close your active clinical file. In such cases, we may re-open the file and initiate a new episode of care once we meet in person.

I discourage my clients from writing reviews of me online whether positive or negative. Doing so puts your confidentiality at risk and publicly reveals the counseling relationship we had, maybe also information about what we talked about, and that information will stay on the internet, possibly causing harm to you in the future.

Your Responsibilities include...

Attending as scheduled.

When you schedule an appointment with me, you are reserving that time and have made an agreement to attend. If you cancel with less than 24 hours notice you will be charged the full session fee. If I find that you have missed or canceled with less than 24 hours notice 3 or more of our last 5 scheduled sessions we will create an attendance agreement which if you do not follow may result in your termination from therapy. Or if you have received a reduced fee, or highly sought-after meeting time, I may no longer be able to offer that to you. If we can reschedule within the same week, you will only be charged half of your session fee for the missed appointment.

Paying as agreed.

By scheduling an appointment with me you also agree to pay the session fee. You must notify me if something is interfering with your ability to pay and then I will discuss it with you.

Fees

Our first meeting will be a free consultation, up to 30 minutes. If we agree to continue together, our next meeting will be a Mental Health Assessment which costs \$200. This meeting typically takes 90 minutes and includes a formal write-up which can be shared with your physician. After this, my session fee is \$100 for each 45 - 55 minute session. Usually we will have one session per week, though some people need more or less frequent sessions. If this fee is not possible for you, please ask to discuss options with me. Between-session phone calls longer than ten minutes or will be charged at a rate of 10\$ for each 10 minutes after the first ten. Letters you require for court or other purposes will be charged at a rate of \$50 per letter. There is no charge for a "superbill," that you can give to your insurance company to seek reimbursement for session fees. You will be charged the full session fee for sessions you do not attend unless you cancel more than 24 hours in advance. If we can reschedule within the same week, you will only be charged half of your session fee for the missed appointment.

You will use Paypal to submit payment after each session. This will be facilitated through the Adaptive Telehealth Software. I will provide you with a receipt called a superbill that you can submit to your insurance company for reimbursement. I am currently Out of Network for all insurance companies.

**Additional fees for involvement in legal proceedings. I will not charge for any phone calls or letters that I initiate to make a mandated report. However, if I am called to testify, court preparation (including travel

time and lost work time) may be charged at the rate of \$1/minute. Letters will be charged at the rate of \$50/letter.

Completing your Homework.

I will recommend practice activities in between sessions. Just as in physical therapy, this work between sessions is essential to achieving your goals.

Communication.

Please keep in close communication with me about what is working and not working so that I can continue to tailor the therapy experience to your individual needs.

Ways to contact me:

- Adaptive Telehealth Portal messages: You will register in this platform when you become a client and you can use it to send messages and upload documents.
- Phone calls: 833-825-9991
- Iplum text messaging: You may download the free Iplum phone app and use it to send me secure text messages at 833-825-9991
- Email: brianna@intrepidcounseling.org This method is sometimes not secure because the messages you send may not be encrypted. If you want to use this nonsecure method anyway, please ask to sign my Request for Communications By Alternative Means document.

I recommend these contact methods for the following situations:

- Schedule changes, and administrative matters: Adaptive Telehealth messaging or phone, or Iplum text.
- Check-in, asking questions about homework, requesting resources, sharing journaling: Adaptive Telehealth messaging.
- Crises and emergencies: First contact local emergency services. Then update me on the situation via phone first, then Adaptive Telehealth messaging or Iplum text.

My typical turnaround time for messages and calls is 24 hours, but sometimes it may take longer. This could be because it is night time, or a holiday or weekend in my time zone. Sometimes I may respond to messages more quickly because I happen to be available, but this will not always be the case. Please remember that I do not provide emergency services and you should contact local first responders in the event of an emergency.

I acknowledge that I have received, read, and understand the Professional Disclosure Statement and Consent for Treatment and the Notice of Privacy Practices. I further acknowledge that I seek and consent to treatment with Brianna Nystrom White, LMFT.

You Name Typed or Signed below will represent your legal signature on this document:

Date:

If signing on behalf of a minor child under 13 years of age, do you have legal authority to consent to services on behalf of your child? _____yes _____no

Brianna Nystrom White. LMFT:

Date: