

Experience the courage to heal and grow.

Client Information Sheet

Individual Child/Adolescent, Adult Individual, Couple, or Family

Consumer Rights

- Be informed about the qualifications of your counselor, including his or her education, experience, and professional licensure.
- Receive an explanation of services offered, your time commitments, and fees and billing policies prior to receipt of service.
- Have all that you say treated confidentially and be informed of any state laws placing limitations on confidentiality in the counseling relationship.
- Ask questions about the counseling techniques and strategies and be informed of your child's progress.
- Participate in setting goals and evaluating progress toward meeting them.
- Be informed of how to contact the counselor in an emergency situation.
- Request referral for a second opinion at any time.
- Request copies of records and reports to be used by other counseling professionals.
- Received a copy of the code of ethics to which your counselor adheres.
- Contact the appropriate professional organization if you have doubts or complaints relative to the counselor conduct.
- Terminate the counseling relationship at any time.

Consumer Responsibilities

- Set up and keep appointments with your counselor and let him/her know as soon as possible if you cannot keep an appointment.
- Help plan therapy goals.
- Follow through with agreed upon goals.
- Keep your counselor informed of progress toward meeting therapy goals.
- Terminate your counseling relationship before entering an arrangement with another counselor.

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Benefits and Risks

Any time someone seeks therapy to work on personal struggles or relationship difficulties there are benefits and risks involved. The benefits can include the ability to handle or cope with specific concerns and/or interpersonal relationships in a healthier way. However, therapy can be challenging and uncomfortable at times. At this point, you may see mild to extreme reluctance to continue therapy on the part of your child. When this occurs, please discuss this with your therapist to plan other strategies for therapy. Remembering and resolving an unpleasant event may cause intense feelings of fear, anger, depression, and frustration. There may be changes in the relationship(s) which you had not originally anticipated.

Fees

Fees are based on a sliding fee scale and your fee will be determined with Ms. Kumer during the first session. A Courageous Mind Counseling does not take cash or check, and will have you fill out and sign a Financial Addendum form with credit card information in order to pay for your appointments, cancellations within 24 hours of appointment, no show fees, phone calls over ten minutes, and any other pre-arranged services discussed with Ms. Kumer. Fees are due at the time of service, Ms. Kumer will run the card on file either the day of session, or within the week of the scheduled session. If you are more than three sessions behind in your payment, additional appointments will not be scheduled until your account is paid in full. If you are involved in a court referral for therapy or anticipate the need for written reports for the court system or any other agency, it is important to let Ms. Kumer know as soon as possible. There are additional fees charged for court appearances. A referral can be made by Ms. Kumer if further court services or assessments are needed. A statement of your account will be provided upon request.

Session Format

Research has shown that the nature and severity of the client's presenting problems usually determine the length of therapy. Treatment can range from a few sessions to several months of therapy. The estimated length of your treatment will be determined

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in a collaborative discussion between you and Mr. Kumer. Therapy sessions will be once a week for 60 minutes for adults (including time to schedule next appointment and attend to any business matters such as payment issues, etc.) and 45-50 minutes for children (with an extra 10-15 minutes to schedule next appointment and attend to any business matters). For the benefit of child/adolescent clients, we ask that the parent remain in the waiting room or adult therapy office during therapy. Every fourth or fifth session the therapist will meet with the parent to review your child's progress. You may leave therapy at any time, but we ask that you agree to discuss the termination of therapy with the therapist at a regular therapy session, rather than by phone. For the child or adolescents sake, a "good bye" session would be highly recommended, as a relationship with Ms. Kumer has likely been formed.

Confidentiality

The information clients share in therapy and all documents relating to therapy services are kept confidential, unless the client request in writing that records are released. Some specific confidential information may be disclosed for the purpose of professional consultation and guidance in treatment, or when mandated by law. Missouri law mandates that confidentiality be broken if you or your child is found to be in clear and imminent danger to self or others, if there is a report of current abuse of a child or dependent adult, or if Ms. Kumer receives a court order to release your records. Ms. Kumer is a mandated reporter with the state of Missouri, and is obligated to report concerns expressed in above sentence.

Adolescents 14 years and older will be asked to participate within parent meetings. It is important for parents to discuss any concerns about this with Ms. Kumer before therapy sessions begin.

Phone Contact and Emergency Policy

You may contact Ms. Kumer at 816-588-6728. A voicemail system is available to take your messages when Ms. Kumer is not able to answer the call. In that case, Ms. Kumer will contact you back within 1-2 business days.

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A Courageous Mind Counseling DOES NOT provide 24 hour crisis response. In case of a life threatening emergency, please call 9-1-1, or go to your nearest emergency room. Below is a list of other resources that can be utilized in case of other emergencies.

Emergency Contact List

Suicide Prevention Lifeline	800-273-8255
Crittenton (ages 4-15 years)	800-765-6600
North Kansas City Hospital	816-691-2000
Saint Luke's Hospital	816-932-2000
Research Medical Center	816-276-4000
Shawnee Mission Medical	913-676-2000
KU Med Emergency Room	913-588-6500
Child Abuse Hotline (MO)	800-392-3738
Child Abuse Hotline (KS)	800-922-5330
Battered Person's Hotline	913-262-2868
National Domestic Violence Hotline.	800-799-7233