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| **Informed Consent** |

**Alyssa McKeeman, NCC, LAPC**

1708 Peachtree St NW, Suite 525

Atlanta, GA 30309

407-303-0827

I would like to thank you for choosing me as your counselor and I look forward to starting this journey with you. Below you will find information about my background and boundaries regarding our relationship.

I am a Nationally Certified Counselor (NCC) and Licensed Associate Professional Counselor (LAPC) in the state of Georgia. I have a Master’s of Education and Education Specialist degree from Clemson University in Clinical Mental Health Counseling. My counseling experience and practice ranges from children through young adults. I have experience working with trauma, depression, anxiety, self-harm, suicidal ideation and eating disorders. I am more than happy to see clients from all walks of life and I do not discriminate based on race, gender or sexual orientation. My services range from individual sessions, group therapy, family therapy, and crisis intervention.

It’s my own personal belief that it’s only appropriate for me to accept clients that I believe can resolve their own problems by engaging in this process with me. If I feel like my experience and knowledge may not be appropriate for you, I will collaborate with you to find a more appropriate counselor in your area. I will make every effort to keep our appointments and contact you if a schedule change is necessary.

My counseling approach is derived from cognitive behavioral therapy, mindfulness based cognitive therapy and dialectical behavior therapy. I believe that my clients make sustainable change in their lives by changing their thoughts and being in the present moment. These therapy techniques have been vastly researched and proven to be effective in treating a variety of presenting issues.

Persons contemplating counseling should realize that clients frequently make significant changes in their lives. People often modify their emotions, attitudes, beliefs, and behaviors. Clients my make changes in their marriages and other significant aspects of their lives. Because of counseling, clients may change employment, begin to feel differently about themselves and alter significant aspects of their lives. If you have questions about the benefits and consequences of counseling, please feel free to ask and discuss these issues with me.

Alyssa McKeeman, NCC, LAPC

**Confidentiality**

Confidentiality is one of the most important aspects of a counseling relationship. In alignment with professional ethics, I will not disclose any information you share with me unless certain situations arise. I may find it necessary to consult with another health professional on your case; in which case, I will not reveal any identifying information. If you provide me with consent by signing a release, I can speak to family members, doctors or anyone else you wish to be involved with your care.

I am required by law to report any disclosure of intent to fatally harm yourself or someone else. I am also required to report any physical abuse, sexual abuse, emotional abuse or neglect of a child, an elderly person or someone that is disabled. In situations where possible abuse may be occurring, I will notify the proper authorities. Additionally, there may be circumstances in which a judge requires me release information for legal proceedings. These are the only exceptions in which information you tell me will be disclosed.

**Length of Sessions/Cancellations**

Therapy requires a very active effort on your part. In order for the therapy to be successful, you will need to work on things we talk about both during our sessions and at home. Oftentimes, issues have built up over many years so counseling may take time. While some clients may achieve their goals in a few sessions, other clients may need months or years of therapy. Frequency of sessions, number of sessions and goals will be negotiated in the first few sessions. Sessions are typically 50 minutes in length and will be scheduled to best fit both of our schedules. If you must cancel your appointment, please do so at least 24 hours in advance so someone else can have your appointment time.

**Fees/Methods of Payment**

The fees for therapy are due at the time of service. The standard fee for individual psychotherapy is $125 per fifty-minute session and $150 per seventy-five minute session. If you need to miss an appointment please notify me 24 hours in advance or you will be charged the full fee. Cash, checks or credit cards are acceptable for payment. I accept Visa, MasterCard, Amex and health saving accounts (HSA). At this time, I do not accept insurance. However, I can provide you with a superbill that you can submit to your insurance company for reimbursement.

**Emergency Situations**

If you have an emergency situation please call me at 470-303-0827 and I will try to return your call as soon as possible. If you need assistance immediately please call 911 or one of the nearby psychiatric hospitals. Text and email are not appropriate in emergency situations.

Alyssa McKeeman, NCC, LAPC

If you think I have treated you unfairly or unethically, you can contact Amy Smith-Barnes at 404-983-1337 or Meg McLeroy at 404-931-3687.

By your signature below, you are indicating that you have read and understand this statement, and/or any questions you have about this statement have been answered to your satisfaction. You also acknowledge that you have read and understood the HIPAA information provided.

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Counselor’s Signature Client Signature

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Parent/Guardian Signature (if under age 18)

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Date Date