



Road to Restoration Counseling Services
1300 Ridenour Blvd. Ste. 100
Kennesaw, GA. 30152
678-819-3794

Informed Consent to Treatment and Declaration of Practice

Welcome to Road to Restoration Counseling Services (RTR). We are pleased that you have selected this practice for your counseling needs and look forward to helping you move towards a healthier person. The purpose of this document is to inform you about the counseling relationship, and what you may expect from your treatment here at RTR, as well as our business practices. We will be pleased to answer any questions you may have at the initial visit. Please read it carefully and indicate your understanding by initialing each bottom right corner and signing in the space provided on the last page.

Qualifications:

Gina Barthelemy-Morton has earned a Master of Education in Community Counseling degree from the University of New Orleans in 2007. Gina Barthelemy-Morton is considered a fully Licensed Professional Counselor (LPC #006268) with the Georgia Composite Board of Professional Counselors, Social Workers, and Marriage Family Therapists, which is located at 237 Coliseum Drive Macon, GA. 31217-3858 (phone 478-207-2440). Gina Barthelemy-Morton is a National Certified Counselor (NCC) certification # 234767. Gina Barthelemy-Morton is also a certified MBTI practitioner, and able to administer the Myers-Briggs Type Indicator.

Counseling Relationship:

Each counseling session will provide a safe atmosphere in which the client may explore their self, work on problems/issues, and develop ways to improve life experiences. The professional counselor works with the client in learning how to handle life events that occur during and after the completion of the counseling relationship. The purpose of counseling is to help the client become an independent individual, rather than dependent on the counselor for resolutions. The length of the counseling relationship varies from client to client. In order for therapy to be most successful, it is important that you take an active role. This means working on the things you and your therapist talk about both during and between sessions. This also means avoiding any mind-altering substances like alcohol or non-prescription drugs for at least 8 hours prior to your therapy sessions. Generally, the more of yourself you are willing to invest, the greater the return.

It is our intention to empower you in your growth process to the degree that you are capable of facing life's challenges in the future with your therapist here at RTR. We don't believe in creating dependency or prolonged therapy if the therapeutic intervention does not seem to be helping. If this is the case, your therapist will direct you to other resources that will be of assistance to you. Your personal development is our number one priority. We encourage you to let your therapist know if you feel at any time that transferring to

another facility or another doctor is necessary. Our goal is to facilitate healing and growth, and we are very committed to helping you in whatever way will produce maximum benefit.

Client Responsibilities:

As a client, you are a full partner in counseling. For counseling to be successful, a few things are needed. First, honesty is critical. For example, as we are working together, if you have suggestions or concerns about your counseling, we expect you to share these with us so that we can make the necessary adjustments. If it develops that you would be better served by another mental health provider, we will help you with the referral process. Second, effort is essential for success. You will need to take time in-between sessions to work through issues because issues cannot be resolved if the problem is only addressed in one 50-minute session per week. The counselor may assign homework at the conclusion of a session, and it is the responsibility of the client to be prepared with the completion of the assignment at the next scheduled appointment. Third, if you are currently receiving services from another mental health professional (e.g. Psychologist or Psychiatrist), we expect to be notified so permission may be received to share information with this professional so that we may coordinate our services for you.

Areas of Expertise:

As a counselor, Gina Barthelemy-Morton has obtained a variety of knowledge and experience in working with children, adolescents, couples, groups, addictions, and families. RTR believes that the therapeutic relationship is one that is collaborative between counselor and client. RTR typically practices within the following two frameworks but is not limited to either:

1. **Cognitive Behavioral Therapy** focuses on thought patterns, perceptions of events/self/others, emotions linked up to those thoughts/perceptions and finally the behaviors that result.
2. **Person Centered Therapy** allows the clients to lead the discussion and the therapist do not try to steer the client in a particular direction. The therapist show complete acceptance and support for their clients.

Appointments:

Clients are seen by appointment only. In the event that you are unable to keep an appointment, you must notify your therapist at least 24 hours in advance. If such advance notice is not received, you will be financially responsible for the session you missed. Please note that insurance companies do not reimburse for missed sessions, so you will be responsible for the full session fee of \$150.00, rather than your usual co-pay or co-insurance amount.

Services offered and Clients Served:

RTR provides therapy for individuals, couples, groups, and families. We work with children, adolescents, and adults. Services offered to clients include but are not limited to techniques in reducing anxiety, and depression, self-exploration with the Myers Briggs Type Indicator, goal setting, relaxation techniques, and life skills. Clients of any sex or

background will be given the same opportunity to schedule appointments for counseling services.

Statement Regarding Ethics, Client Welfare, Potential Risks and Safety:

Road to Restoration Counseling assures you that our services will be rendered in a professional manner consistent with the ethical standards of the American Psychological Association. Also, sometimes we may use a type of therapeutic intervention involving experimental exercises. Any intervention or process is entirely voluntary and may be discontinued at any time. However, it is your responsibility to communicate your feelings to your therapist in order for them to honor your decision.

If at any time, the client feels the counselor is acting unethically, or is dissatisfied in any way with services, please notify the counselor so they may have an opportunity to resolve the issue. As much as RTR would like to guarantee specific results regarding your therapeutic goals, we are unable to do so. However, together we will work to achieve the best possible results for you.

Please also be aware that changes made in therapy may affect other people in your life (e.g., an increase in your assertiveness may not always be welcomed by others). It is our intention to help you manage changes in your interpersonal relationships as they arise, but it is important for you to be aware of this possibility nonetheless.

Additionally, at times people find that they feel somewhat worse when they first start therapy before they begin to feel better. This may occur as you begin discussing certain sensitive areas of your life. However, a topic usually isn't sensitive unless it needs attention. Therefore, discovering the discomfort is actually a success. Once you and your therapist are able to target your specific treatment needs and the particular modalities that work best for you, help is generally on the way.

We sincerely look forward to facilitating you on your journey toward healing and growth. If you have any questions about any part of this document, please ask your therapist.

Privileged Communication:

All information discussed in session will remain strictly confidential except the following circumstances in accordance with state law:

Exceptions in confidentiality will occur, if and only if:

1. Client signs a release of information.
2. Client is in clear and imminent danger to self.
3. Client may endanger the safety of others.
4. Suspicion of abuse or neglect toward an elderly person (60 or older), minor child, or dependent adult.
5. If ordered by the court to disclose information.

Please note: insurance companies have many rules and requirements specific to certain plans. If RTR provides service to you under an agreement with a managed care

organization, we must provide that organization with detailed personal information about you. In most cases, they have a right to obtain a copy of your entire file and all notes we have recorded in it. We encourage you to carefully weigh the economic benefits of using insurance against the privacy risks that arise from sharing the information described above. You will maintain much greater control over potentially sensitive details of your life by paying privately for services.

Electronic Communications:

As a client of Road to Restoration Counseling Services, LLC, you are welcome to contact me via email at ginabmorton@roadtorestorationcounseling.com, however, please be aware that email is not a secure form of communication and I cannot guarantee or ensure your confidentiality. You are also advised that any email sent to me via computer in a work-place environment is legally accessible by an employer. If you prefer to communicate via email or text messaging for issues regarding scheduling or cancellations, I will be willing to meet your request.

If you choose to use email to communicate with me, you are indicating that you recognize the dangers and potential for breach of confidentiality associated with email and are willing to accept this risk. Please also realize that while I check email most days I cannot guarantee that I will always receive it and reply immediately, so please do not use email to communicate time-sensitive information or for emergencies instead I ask that you please call me. Lastly, while I am always open to receiving email messages and will read what you write, I may not send a detailed response. Please do not interpret that as a lack of interest; it is just not feasible for me to provide therapeutic services via email. We can discuss what you've written in our next therapy session.

Also, please note that I am ethically and legally obligated to maintain records of each time we meet, speak on the phone, or correspond via electronic communication such as email or text messaging. These records include a brief synopsis of the conversation along with any observations or plans for the next meeting.

For my business phone and voicemail services, I use Google Voice. I receive an electronic transcript of all phone messages, and those messages and the phone number associated with them are stored on the Google servers. If you have concerns about Google's privacy policy please review their policy at (<http://www.Google.com/policies/privacy>) or would otherwise prefer to not communicate with me through that service, I am happy to provide you with a number that does not go through Google Voice.

For my business calendar, I use Google Calendar and only your client number will be visible in my Google calendar. I also store a combination of your first name and last name and phone number in Google contacts so that I have your number readily available in case I need to contact you (for example, if I was sick on the day of our appointment and could not go to the office, or so I know who you are if you send me a text message.) If you do not want me to store your number in Google Contacts please let me know and I will record it in an alternate way.

Emergencies:

If the client finds him or herself in an emergency situation, please call 911 or the Georgia Crisis and Access Line at 1-800-715-4225 for crisis counseling 24 hours a day.

Road to Restoration Counseling is considered to be an outpatient facility, and we are set up to accommodate individuals who are reasonably safe and resourceful. Your therapist does not carry a pager nor will he/she be available at all times. If at any time this does not feel like sufficient support, please inform your therapist and he/she will discuss additional resources or transfer your case to a doctor or clinic with 24-hour availability.

Generally, your therapist will return phone calls within 24-48 hours. If you have a mental health emergency, we encourage you not to wait for a call back, but to do one of the following:

- Call Ridgeview Institute 770.434.4567; Peachford Hospital 770.454.5589;
- Call 911
- Go to your nearest emergency room

Medical and Drug Information:

Often, medical health has a powerful effect on your mental health. If you have not had a physical examination within the past year, I ask that you have one performed immediately. In addition, medications (both prescription and non-prescription) may have a significant side effect on the counseling relationship. I expect full disclosure from you on these matters and may ask permission to discuss them with your medical doctor.

Potential Risks:

Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness, because the process of counseling often requires discussing the unpleasant aspects of your life. However, counseling has been shown to have benefits for individuals who undertake it. Counseling often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress and resolutions to specific problems. But, there are no guarantees about what will happen.

Risks may include experiencing uncomfortable and/or unwanted emotions, such as guilt, sadness or anger, this is due to the process of counseling and how it often requires sharing unpleasant aspects of your life. However, counseling has been shown to have benefits for individuals who choose to embrace it. Counseling often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress and adapting to changes. Trying to make improvements in your life does not always result in greater happiness. Sometimes, other more difficult problems surface, please feel free to share these new concerns with me.

I have read and I do understand the contents of this form and agree to the policies of my relationship with my therapist, and I am authorizing my therapist to begin treatment with me. Further, RTR may file on my behalf for payment of services with my insurance company and receive payment for these services directly. I agree that RTR may release any and all records to my insurance company or payer as requested for the processing of my claim for services.

Please print, date, and sign your name below indicating that you have read and understand the contents of this form.

_____ Client's Name	_____ Date
_____ Client's Signature	_____ Date
_____ Parent's Name (<i>if applicable</i>)	_____ Date
_____ Parent's Signature	_____ Date
_____ Counselor Signature	_____ Date