

SAMPLE
Always check with State Boards for requirements

ABOUT THE CLINICIAN AND THE SERVICES PROVIDED

SAMPLE IDEAS / SAMPLE TEXT FOR CONSENT OR FOR VERBAL DISCUSSION WITH CLIENT

TYPE(S) OF COUNSELING PROVIDED ...

- Individual Counseling: Everyone has periods of time in their life of difficulty, change & transition, when personal issues affect their work and relationships. Issues such as family, marital, career, financial, physical, abuse of alcohol/drugs, or a variety of mental issues or life issues: incongruent thoughts, difficult relationships, career issues, overwhelming emotions, fears, disturbing memories, bad habits, confusion, chemical dependencies, violence and anger issues, adjustment issues and depression.
- Marriage and Family Counseling: When doing relational counseling, all involved parties need to be present during counseling sessions. Counselor does not switch from individual counseling to relational counseling or visa versa. At times, people struggle in relationships: lack of or poor communications, sexual dysfunction, marital conflicts, and conflicts with children. Human difficulties often arise out of relationships and the relationship(s) need to be the focus in counseling.
- Drug and Alcohol Counseling: Drugs and alcohol create false realities, self-images, and interferes with the underlying issues and the ability to gain insights. Individuals actively using drugs or alcohol must go through assessment and be referred to a recovery program or to a Chemical Dependency Counselor first.
- Employee Assistance Counseling: Assessments, Referrals and/or Counseling

ABOUT THE CLINICIAN AND THE SERVICES YOU PROVIDE

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TECHNIQUES/INTERVENTIONS ...

- Throughout the counseling process as necessary, Counselor informs the client of the purposes, goals, techniques, procedures, limitations, potential risks and benefits of services to be preformed, and clearly indicates limitations that may affect the therapeutic relationship.
- Counselor takes reasonable steps to ensure that client understands the implications of any diagnosis, the intended use of tests and reports, and the methods, techniques and interventions of treatment.
- Therapeutic Techniques: Counselor will utilize all at varying times depending on client. Counselor views it as a theoretical integration, synthesizing the best approaches for the moment. Counselor will shift from one to the other frequently within therapy.

TECHNIQUES/INTERVENTIONS ...

Psychoanalytic Therapy/Interventions:

Basic Philosophies: Human beings are basically determined by early experiences. Unconscious motives and conflicts are central in present behavior. Early development is of crucial importance, because later personality problems have their roots in repressed childhood conflicts.

Techniques and Interventions: Key techniques are interpretation, dream analysis, free association, analysis of resistance and transference. All are designed to help the client gain access to their unconscious conflicts, which lead to insight and eventually assimilation of new material. Diagnosis and testing are often used.

Behavior Therapy/Interventions:

Basic Philosophies: Behavior is a product of learning. We are both the product and the producer of the environment. Behavior can be changed.

Techniques and Interventions: A pragmatic approach based on validation of results. The main techniques are systematic desensitization, relaxation methods, reinforcement techniques, modeling, cognitive restructuring, assertion and social-skills training, self-management programs, behavior rehearsal and coaching.

TECHNIQUES/INTERVENTIONS ...SAMPLE IDEAS / SAMPLE TEXT

Cognitive-behavior Therapy/Interventions:

Basic Philosophies: Individuals tend to incorporate faulty thinking, which leads to emotional and behavioral disturbances. Cognitions are the major determinants of how we feel and act. Therapy is a learning process, including acquiring and practicing new skills, learning new ways of thinking, and acquiring more effective ways of coping with problems. Useful in helping a client modify their cognitions.

Techniques and Interventions: Therapy uses a variety of cognitive, emotive and behavioral techniques. It is an active, directive, time-limited, present-centered, structured therapy. Some techniques include Socratic dialogue, debating irrational beliefs, homework assignments, gathering data on assumptions, keeping record activities, forming alternative interpretations, learning new coping skills, changing one's thinking and speaking patterns, role playing, imagery and confronting faulty beliefs.

Family Systems Therapy/Interventions:

Basic Philosophies: The family is viewed as an inactive and systemic unit. They are connected in a living system; change in one part of the system will result in a change in other parts. The family provides the context for understanding how individuals function in relationship to one another. Treatment is focus on the family unit. An individual's dysfunctional behavior grows out of the interactional unit of the family and out of larger systems as well.

Techniques and Interventions: Useful for marital distress, communication problems among family members, power struggles, crisis situations in families and enhancing the overall functioning of the family. Interventions may target behavior change, perceptual change or both. Techniques include using genograms, teaching, asking questions, family sculpting, joining the family, tracking sequences, issuing directives, anchoring, family mapping, reframing, restructuring, enactments and setting boundaries.

THE CLINICIAN: PROFESSIONAL DISCLOSURE STATEMENTS—(PDS) SUGGESTED GUIDELINES

What is it?

- The PDS is a written document that a counselor gives to clients to tell the client information about the licensee/intern and his/her practice.

Who must have them?

- Mandatory requirement depends on your state's licensing requirements. ***However, it is considered "good practice" to have a PDS.***

What is considered "practicing"?

- **Practicing means to perform any of the activities listed in the law** including identifying or assessing and treating behavioral conditions, applying theories and techniques, researching, reporting, and consulting.

CONTENTS OF A PDS

- Counselor's/Therapist's name, business or employer's name (if applicable), business address and telephone number.
- **Philosophy and approach to counseling:** Description of clinician's proposed course of treatment (if known). Sufficient detail to enable the client to make an informed decision about whether (or not) to accept treatment from the specific clinician.
- Include the statement that you will abide by the Code of Ethics for Counselors and Therapists adopted by this Board.
- Formal training and education - highest relevant degree, subject, school granting degree, and major coursework.
- Fees: This is what the client will be charged whether you set the fee or an agency does. Give a dollar amount or a dollar range unless you state that no fee is charged to the client. Attach a sliding fee policy if relevant, but dollar figures must also appear.

Testimonials

- Counselors do not solicit testimonials from current therapy clients or other persons who because of their particular circumstances are vulnerable to undue influence.