



formerly Presbyterian Counseling Service

restoring hope . . . reconciling relationships . . . transforming lives

Welcome to "The Clinic" at Samaritan Center of Puget Sound

We are pleased that you have chosen Samaritan Center for assistance at this time in your life. We hope that you will find this to be a positive and useful experience.

About Samaritan Center

Samaritan Center of Puget Sound is accredited by the Samaritan Institute and affiliated with the Presbytery of Seattle. Our therapists come from a variety of Christian faith perspectives and represent a wide range of ages and life experiences. They are interested in and respectful of the spiritual values, beliefs and cultural heritage of all persons.

In providing therapy, we seek to engage in a process that is attentive to the integration of mind, body and spirit. We believe that healing occurs on multiple levels – mind, body, spirit and soul – and are always willing to consider with our clients the physical and spiritual as well as psychological aspects of healing. We are curious about the part that spirituality plays in wrestling with life's dilemmas and transition points, and we bring our own heartfelt responses to the situations in which our clients find themselves. We endeavor to promote growth and well-being in our clients, engaging with them in a collaborative manner to make the changes that they desire in their lives.

APPOINTMENTS

Sessions are 50 minutes in length. Consistency in keeping appointments is integral to the counseling process. If you are unable to keep an appointment, your counselor must have 24 hours notice or you will be charged for the session.

FEES

Clients in The Clinic at Samaritan Center are seen on a fee-for-service basis only and may not use insurance benefits to see a clinic provider. Counseling fees are based on client income and are agreed upon during the first therapy session. Payment is made at each session.

PARKING AT RAVENNA OFFICE

Off-street parking is available in the lot adjacent to the Church, as well as on Ravenna Blvd..

YOUNG CHILDREN

Please do not leave young children unattended in the waiting room. We cannot be responsible for their safety.

EMERGENCIES:

In the event of a personal crisis, clients may call Samaritan's on-call therapist at 206-527-2266. To leave a message for the on-call therapist during office hours (M-F 9-6), clients should press 0 during the recorded message, or, if the call is made outside of office hours, press 6. If the call is not returned by the on-call therapist after a half hour, clients should call the Crisis Clinic at 206-461-3222.

To leave a non-crisis message, to cancel or change an appointment with your therapist, call 206-527-2266 and follow the voice prompt.

On the following pages you will find information that will ensure that your needs as an informed client are met. This includes the training and professional background of your counselor, the rights of clients in counseling, and information about confidentiality.

DISCLOSURE STATEMENT

CAROL LUNDEMO

THE RIGHTS OF CLIENTS IN COUNSELING

It is appropriate for clients to raise questions about the counselor, the therapeutic approach, the progress of therapy and the cost. As informed consumers, it is the client's responsibility to choose the counselor and counseling modality which best suits their needs. Clients have the right to request a change in counseling approach, referral to another counselor or termination at any time.

All therapists at SamaritanCenter of Puget Sound are bound by the ethical codes of their professional organizations, by the laws of the State of Washington, as well as by agency policy regarding the special nature of the therapist-client relationship. This agency expects all counselors continually to be aware of the influential position they hold in the relationship with clients, using this influence in a constructive way. If a client thinks his/her therapist is not meeting this ethical responsibility, he/she is strongly encouraged to address this with the therapist and/or bring it to the attention of the agency's clinical director.

We keep a record of the health care services we provide you. You may ask us to see and copy that record. You may also ask us to correct that record. We will not disclose your record to others unless you direct us to do so or unless that law authorizes or compels us to do so. To see your record or get more information about it contact your therapist.

CONFIDENTIALITY

Counseling sessions are held in strict confidence. It is the client, not the therapist, who determines whether information may be released to persons outside Samaritan, and then only with a release signed by the client. Exceptions to this rule: Washington state law mandates that there is no confidentiality when child abuse or abuse of a developmentally disabled adult has occurred within the last seven years. The counselor may also be required to break confidentiality in life-threatening situations when the client poses a clear and present danger to self or others or is unable to provide minimum life-sustaining self-care. If this occurs, the counselor will take the steps necessary to secure the safety of the client or others.

TRAINING AND PROFESSIONAL BACKGROUND OF YOUR COUNSELOR

Carol received a Master of Arts in Counseling/Psychology from Northwest University in July, 2010. She interned for 12 months at New Horizons Ministries serving homeless youth.

Carol volunteered as a facilitator for the North Seattle Post-Partum Depression Support group and was a delegate to the International Conference on PPD. She has a great heart for those suffering from clinical depression or post-partum depression. She also serves as a volunteer facilitator for OCD Seattle; Obsessive Compulsive Disorder. It affects 1 in 40 individuals and requires a specialized behavior therapy to reduce symptoms which is known as ERP, Exposure and Response Prevention.

Carol approaches all therapy primarily from a cognitive-behavioral basis but can blend in other bits of therapies as needed. She enjoys working with adults, adolescents and children (she is a former preschool teacher). She will work with clients to help them change thought and behavior patterns in order to live a life more abundant and freer from fear.

At Samaritan Center, Carol's work is supervised by William Collins, Ph. D., a licensed Marriage and Family Therapist. He may be contacted at 206.527.2266 Ext. 112.

THE USE OF AUDIO-VISUAL RECORDINGS

In order to help you most effectively, we may ask you to videotape counseling sessions. These tapes are used by your counselor to double-check their understandings of your concerns.

All records, tapes, or other identifying materials are kept confidential. The use of observation, taping, and supervision is an integral part of our training program and allows for instruction and/or supervisory input ensuring

you the highest quality services possible. If you have any questions about these practices, please discuss them with your counselor.

RISKS OF COUNSELING

We are committed to helping you make informed choices as we work with you to address your concerns. This participation includes determining how counseling might benefit you and what techniques to use to help with your concerns. At any time you may ask us to explain why we're gathering information or prescribing a new approach. We will be glad to explain the purpose behind our techniques.

The greatest risk of counseling is that it may not by itself resolve your problem or concern. Thus, we do our best to assess progress on a week-to-week basis. Chronic non-improvement is treated as a reason for immediate referral.

As a professional training facility, we keep close track of research on how to help families most efficiently with least risk. We have learned from research, for example, to minimize conflict and steer around loaded issues early in therapy. You can trust that we will use such trusted information to help you. Should we fail to help you, we'll work with you to find someone who can.

Appointment Policy: I understand that consistency in keeping appointments is integral to the counseling process. If I am unable to keep an appointment, my therapist must have 24 hours notice or I will be charged for the session.

Fee Policy: I understand that having a reduced fee in the Samaritan Clinic means that I will not use any insurance benefits when seeing a clinic provider. I understand that the fee which is arranged at the first session may be adjusted as my financial circumstances change. I agree to pay my full fee to the therapist at each session. I understand that, if I fall behind in my payments, I cannot schedule additional appointments until overdue payments have been paid.

I agree that my fee for each counseling session is \$ _____ Please initial here _____

Your Consent:

When you have read to this point and asked for clarification if necessary, please read the paragraph below and sign on the lines underneath it.

I have received and read the Disclosure Statement. I have read and understand the above statement on audio-visual recordings and risks of counseling. I consent to participating as a client with a student counselor-in-training, and understand that my therapist will be reviewing recordings or sessions within the context of scheduled supervision sessions. My signature below indicates that I give my full and informed consent to receive services.

Client Signature

Date

Client Signature

Date

Client Signature

Date

Therapist Signature:Carol Lundemo

Date

By my signature below I, _____, acknowledge that I received a copy of the Notice of Privacy Practices for Samaritan Center for Puget Sound.

Signature of client (or personal representative)

Date

Signature of client (or personal representative)

Date

If this acknowledgment is signed by a personal representative on behalf of the client, complete the following: Personal Representative's Name: _____

Relationship to Client: _____

You will receive a copy of this form and one will be kept in your Samaritan records.