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Welcome to Monument Christian Counseling! Taking the first step towards seeking support and wellness takes courage. I view the counseling relationship as a partnership in which we will work together to meet your goals for therapy. This form allows me to explain the counseling process and introduce myself. It is my goal to help you feel comfortable with the counseling process, so please ask me any questions as they come up for you.

### **Qualifications**

I received a Master of Arts in Counseling from Colorado Christian University in 2018. CCU is accredited by the Council for Accreditation of Counseling and Related Education Programs (CACREP). I am a member of Chi Sigma Iota Counseling Academic and Professional Honor Society and the American Counseling Association. I am currently a Licensed Professional Counselor Candidate (LPCC), license number LPC.0016549. I also received a Masters of Education Leadership (MEd) from Colorado State University in 2006.

### **Supervision**

As I complete requirements for a Licensed Professional Counselor license, I receive supervision from a Licensed Professional Counselor (LPC). I will consult with my supervisor as necessary to provide the best care possible. Confidentiality concerning identifying information is maintained as much as possible. You may request contact information for my supervisor at any time.

### **Counseling Background**

I offer counseling for adults, adolescents, and children. Couples and family counseling is available, and I have a policy of not maintaining secrets, which means information shared in individual sessions may need to be addressed in the couples'/family's session. Although I provide counseling through a Christian point of view, I follow the APA 2014 Code of Ethics and do not discriminate based on race/ethnicity, gender identification, sexual orientation, or spirituality. I have training in several therapeutic models, but the primary models I utilize are Person-Centered Therapy, Cognitive Behavioral Therapy (CBT), and Energy Psychology. A Person-Centered approach focuses on building a relationship with clients, while CBT allows us to explore thoughts and feelings associated with your experiences. For children, I also use age appropriate techniques such as play therapy.

I provide counseling through a Christian point of view, and for those interested, the use of spiritual disciplines, such as prayer and Scripture reading, can be incorporated into the therapeutic process. I also use a technique called Splankna that is effective for clients who have experienced trauma. Splankna is a Christian grounded energy psychology protocol that allows for a spiritually integrated approach to healing.

## Session Fees and Length of Service

Counseling sessions are scheduled for 50 minutes at a rate of \$90 per session. Extended sessions may be scheduled in additional 20 minute increments at a rate of \$30. Phone, text or email communication are accepted for scheduling/cancelling sessions. Please cancel sessions at least 24 hours in advance to make the appointment available for others. **If you do not cancel your appointment 24 hours in advance, a rate of \$45 may be assessed to your account.** Payments are accepted as cash, check, or credit/debit card. Brief phone calls or email communication will not be billed, however, after 15 minutes these communications are billed in 20 minute increments at a rate of \$30, I would encourage scheduling a session because these types of communications present risks to confidentiality. Session can be scheduled Tuesday – Saturday.

## Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services and some will not. I do not offer billing for insurance companies, however, I will be happy to provide you a statement for reimbursement from your insurance company. It is your responsibility to pay the counselor at the time of service and file a reimbursement claim with your insurance company. Most insurance companies require that a diagnosis of a mental-health condition be made before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance records.

## Regulation of Licensed Professional Counselor Candidates

The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. **The Board of Licensed Professional Counselor Examiners can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800.**

- A Registered Psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado, but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.
- A Certified Addiction Counselor I (CAC I) must be a high school graduate or equivalent, complete required training hours and 1,000 hours of supervised experience.
- A Certified Addiction Counselor II (CAC II) must be a high school graduate or equivalent, complete the CAC I requirements, and obtain additional required training hours, 2,000 additional hours of supervised experience, and pass a national exam.
- A Certified Addiction Counselor III (CAC III) must have a bachelor's degree in behavioral health, complete CAC II requirements, and complete additional required training hours, 2,000 additional hours of supervised experience, and pass a national exam.
- A Licensed Addiction Counselor must have a clinical master's degree, meet the CAC III requirements, and pass a national exam.
- A Licensed Social Worker must hold a master's degree from a graduate school of social work and pass an examination in social work.
- A Licensed Clinical Social Worker must hold a master's or doctorate degree from a graduate school of social work, practiced as a social worker for at least two years, and pass an examination in social work.
- A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure.

- A Licensed Marriage and Family Therapist must hold a master's or doctoral degree in marriage and family counseling, have at least two years post-master's or one year post-doctoral practice, and pass an exam in marriage and family therapy.
- A Licensed Professional Counselor must hold a master's or doctoral degree in professional counseling, have at least two years post-master's or one year postdoctoral practice, and pass an exam in professional counseling.
- A Licensed Psychologist must hold a doctorate degree in psychology, have one year of post-doctoral supervision, and pass an examination in psychology.

### **Clients Rights regarding Psychotherapy**

1. The client is entitled to receive information about the methods of therapy, techniques, the time-frame for services, and fees.
2. The client may seek a second opinion from another therapist or may terminate therapy at any time.
3. In a professional counseling relationship, sexual intimacy is never appropriate and should be immediately reported to **The Board of Licensed Professional Counselor Examiners at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800.**
4. Information shared in a professional counseling relationship becomes part of the clinical record which is deemed confidential and is accessible to you upon request. There are exceptions to confidentiality as follows: **(a)** permission granted to share information with other parties, **(b)** the counselor is required by law to report any child abuse, abuse of disabled persons, or abuse of a dependent adult (elder abuse), or neglect of dependents **(c)** the counselor is required by law to report any threat to self or any threats to others, **(d)** a court order to disclose information.

### **Complaints**

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/aca-code-of-ethics.pdf>).

**The Board of Licensed Professional Counselor Examiners  
1560 Broadway, Suite 1350  
Denver, Colorado 80202  
(303) 894-7800**

### **Emergencies**

Please do not use my email or voicemail for emergencies. If I cannot be reached please call 911, or Mind Springs Health Local Crisis Hotline at 888-207-4004.

**Contact Consent**

I give my consent to be contacted by:

- email
- voice mail
- text

for the purposes of scheduling or cancellation of sessions. Please do not sent confidential information via these means as counselor cannot ensure confidentiality.

**Acceptance of Terms**

I have read the preceding information and understand my rights as a client or as the client’s responsible party.

\_\_\_\_\_  
Print Client’s Name

\_\_\_\_\_  
Client’s or Responsible Party’s Signature  
If signed by Responsible Party, please state relationship to client and authority to consent:

\_\_\_\_\_  
Date

\_\_\_\_\_

\_\_\_\_\_  
Heather V. Juanes, MA, LPCC

\_\_\_\_\_  
Date

- File copy
- Client copy