

INFORMED CONSENT FORM

I am required by the New Mexico Board of Counseling and Therapy and HIPAA to provide you with the following information about the therapy process, and about your client rights and responsibilities, and to obtain your written permission to proceed. Please read the following information about the therapeutic process. If you would like to consent to therapy after reading, please send me an email at ronniejoandiener@gmail.com, stating that you have read this form and you consent to therapy, or you may print this page, sign at the bottom, scan, and send to the above email address. Thank you.

Experience, education, specialties and theoretical and professional orientation.

I have been in practice in California as a Marriage and Family Therapist until 1986, and then in New Mexico as a Licensed Professional Clinical Counselor (L.P.C.C. license # 3408). I am currently reinstating my California license. I have a B.A. from U.C.L.A. in psychology, a Masters' Degree in clinical psychology from Pepperdine University and I have also completed most of the requirements for a Ph.D. in clinical psychology at the California School of Professional Psychology, a graduate school run by the California Psychological Association. Also included in my professional education is practice of meditation as taught by Prem Rawat, and study of the Right Use of Will Books, by Ceanne DeRohann.

My theoretical and treatment orientation is a combination of Experiential therapy, Quantum therapy and Humanistic Talk

Therapy, which is explained in detail on the home page of my website, www.quantumviewtherapy.net.

I specialize in Relationship Issues, and also have expertise in helping people with Grief, Anxiety, Depression, Anger, Self Esteem, and General Emotional Confusion, as well as Career Issues, and Stress. If you would like to, you may read more about my approach to any of these issues on my website www.quantumviewtherapy.net. See left column on home page and click on 'Services Provided'.

Fees

My fee is \$100.00 per one hour session. When appropriate, reduced fees based on a sliding scale are available.

Risks and benefits of treatment

Although it is not really a risk, you may experience some uncomfortable feelings as you explore the unconscious material you are going to be healing, as well as old, unexamined beliefs and perceptions. You can also expect to experience a shake up in what you have come to regard as your normal behavior and perceptions as they come more into alignment with your own personal understandings. These experiences are part of the normal therapeutic process and you will likely come to see them as a benefit in time.

Other benefits of therapy are many, including a healing of the presenting problems that have brought you to therapy, a growing sense of wholeness as the therapy progresses, greater awareness of your own personal understandings about your life, a lightened sense of being as you clear out old buried emotions, and a clearer and more joyful relationship with life.

Risks and benefits of online treatment

Since most of my therapy is done via web conferencing, most likely we will be using web conferencing in our work together. Web conferencing has been shown through research to be equally effective to face to face counseling, and I find it even more beneficial in that it gives you as a client more of your own boundary space during sessions and the ability to explore your feelings and perspectives in the comfort and privacy of your own home.

My treatment approach lends itself very well to web conferencing sessions and if you feel comfortable with my approach, you can expect exceptionally good results from our work together in this online mode. I say this based on my personal experience working with people in this mode.

The website we use for the sessions is [Telehealth365.com](https://www.telehealth365.com), which is a HIPPA compliant, medical website which is completely private.

It is in the nature of the internet that there are at times technological issues. If we experience anything like that, you will have my phone and email contact numbers and I will have yours

so that we can find an alternative way to continue the session or reschedule. Also, although the sessions themselves are private, please keep in mind that email communication is not.

In signing this consent form, you are acknowledging that we may be using web conferencing for therapeutic work together and that you are giving your consent.

Confidentiality

The law protects the relationship between client and psychotherapist, and information cannot be disclosed without written permission, except in certain circumstances. I will always do everything I can to protect your privacy in every instance and every situation. However, there are limits to *legal* protection of confidentiality, which may occur in rare instances which you should be aware of, including:

- Suspected child abuse or dependent adult or elder abuse.
- If a client is seriously threatening grave bodily harm to another person.
- In certain circumstances, if a client seriously intends to gravely harm himself or herself.

Record keeping

For the purpose of protecting your privacy, I keep only minimal records and notes. I am required to keep notes summarizing presenting problems you originally brought to therapy, and

outline briefly general progress every few months. These are kept in my online files and encrypted to prevent anyone else than myself from observing them and to protect your identity. If you would like me to keep more complete records, or less records than I do, please let me know and I will be glad to accommodate you. You are entitled to see these notes and amend them if you would like to. Unless they are court ordered and fall into the exceptions to confidentiality and privilege discussed below, none of this information will ever be shared with anyone.

Diagnoses are not a part of my therapeutic approach. I generally don't make diagnoses at all, and I don't use them in my clinical thinking and planning. This allows me to focus on the whole person and their unique personal relationship to life, as opposed to symptoms, which is, to my understanding, more in line with the purpose and nature of psychotherapy. However, I do have to use diagnoses for the purpose of filing insurance claims. If that is the case and if you would like to, please let me know and I will be glad to discuss the insurance diagnosis with you before using it, as there are diagnoses which can have an impact on receiving insurance benefits in the future and affecting you in other ways.

Scheduling and Availability for between-session contact and emergencies

I live an hour and a half drive from my office and am only available for sessions on Mondays and Wednesdays.

I prefer to keep therapeutic work limited to actual therapy sessions, but in case of emergency or for an important time sensitive point of information, you can email me your concern and I will reply as promptly as possible. You may also email me with anything you would like to share and I will read whatever you send, but may not be able to respond until the following session. If time is an issue such as with an emergency, or if you can't reach me by email, you may also reach me by phone.

Your responsibilities as a client.....

What I will need from you is regularly scheduled appointments for the duration of the therapy, and that you show up for scheduled appointments generally on time, as well as payment of fees in accordance with agreed upon fee and payment arrangements.

If there is anything you would like to discuss regarding this notice, please let me know and I will be glad to discuss it with you and make changes as you see fit wherever possible.

If you agree to this information, please sign below, print, scan and send to my email address, or if you prefer, you may send me an email stating that you have read this document and consent to therapy.

I have read the above information and consent to therapy and to the use of web conferencing for therapy sessions.

Signed,
