

CBT Center of Idaho
704 Blaine Street, Suite 2
Caldwell, ID 83605
(208) 504-8027

Informed Consent

Cognitive Behavioral Therapy Orientation

Cognitive Behavioral Therapy was developed by Aaron Beck, MD and is one of the few forms of psychotherapy that has been scientifically tested and found to be effective in more than 300 clinical trials for many different disorders. CBT is focused on the present and problem-solving. Clients will learn specific skills they can use for the rest of their lives. These skills involve identifying distorted thinking, modifying beliefs, relating to others in different ways, and changing behaviors. CBT affects the way you perceive situations and influences how you feel emotionally.

Behavior therapy is a part of CBT and focuses on how you learn and how your behaviors are affected in various situations. Behavior therapy is used to change/modify unwanted behaviors and is also used to treat many kinds of problems and disorders.

You can learn more about CBT at the Academy of Cognitive Therapy (ACT) at www.academyofct.org and the Association for Behavioral and Cognitive Therapies (ABCT) at www.aabt.org.

Education

Susan Oldenkamp, LCPC, NCC received her Masters in Counseling from Northwest Nazarene University after completing all coursework and 2000 internship hours. Susan is a LCPC (Licensed Clinical Professional Counselor). This means Susan completed an additional 2000 hours of supervised direct client contact after graduating with her Masters and passed the NCMHCE (National Clinical Mental Health Counseling Examination). Susan is also an NCC (National Certified Counselor).

Timeline

There is no specific or exact timeline for the counseling process. Goals and objectives will be covered at the beginning of the process with a tentative plan developed between the counselor and the participant. This will serve as template, but understand the counseling process takes time to achieve goals.

Confidentiality

The Counseling Code of Ethics and State Laws require personal information discussed with a Counselor at the CBT Center of Idaho to be kept confidential. This means information about you can only be shared for professional purposes and is not revealed to other persons, provider, agencies, or entities without your clear and specific permission. Protecting your privacy and confidence is very important.

These are the only **privacy exceptions**:

- Medical emergencies that require information only for handling the emergency.
- Potential harm, danger, or threat of death to one's self or another person which require the police and/or intended victims to be notified.
- Disclosure of abuse or neglect of a child, an aged person, or other vulnerable persons.
- Records subpoenaed by the court.

Risks

Often counseling requires recalling and talking about unpleasant aspects of your history or your present situation, which can bring to the surface extremely uncomfortable feelings such as sadness, anger, or shame. Although it may be necessary to talk, process, or relieve these painful or embarrassing subjects,

the role of the counselor is to be nonjudgmental and understanding and assist the client during this process. You can feel worse before you begin to feel better.

An additional risk referred to in Mental Health Clinics is referred to as “life-change” or how your mental and emotional health affects how you act and react to other people (especially people who are close to you), and how they act and react to us. Therefore, as you grow or change perspectives, it can upset the delicate balances in relationships. Your friends and family are used to you behaving in certain ways, and changing those patterns, motive, behaviors, etc. can promote risk of changing various relationships.

Benefits

A number of benefits are available from participating in counseling. Often it is helpful just to know that someone else understands the issues you are dealing with. Counseling can provide a fresh perspective on a difficult problem situation, or may be helpful in pointing you in the direction of a solution. The benefits you obtain from counseling depend on how well you use the process and put into practice what you learn. The benefits include a better understanding of your personal goals and values, developing better relationships, overcoming specific problems, or finding solutions to the issues that brought you to counseling.

There are no guarantees about what outcome counseling services will have for you. Some people find that participating in counseling results in changes they were not expecting or intending at the onset.

Referrals

Participants have the right to refuse treatment at any time. This reflects on the autonomy of the individual. You may find you do not feel comfortable with the counselor and would like to find another counselor. Please inform the counselor if this is the case and you will be offered help in finding another counselor. If you refuse recommended services or treatment, the refusal will be documented in your record.

The counselor may find that another professional could add more expertise to the different issues you are facing. If this occurs the counselor will talk with you about going to see another counselor.

Alternative Treatments

There are alternative treatments that can be used in addition to the counseling process including, but not limited to, medications, homeopathic remedies, and acupuncture. The CBT Center of Idaho strictly provides psychotherapy and does not include any other treatments. You can discuss other treatment options found elsewhere that you would like to include in your treatment.

Social Settings

It is possible you will see your counselor out in the community. It is important to know that your counselor will not talk to you about anything discussed in your sessions. Due to the fact that other people know your counselor’s profession it is important to maintain boundaries for your privacy. The counselor will not discuss anything related to your counseling process with you in the community setting. You can expect your counselor to be friendly but not initiate conversation with you. If you wish to initiate conversation you may, but be aware your counselor could be with others and limit the contact. This does not mean the counselor does not want to admit knowing you, but is done to protect your privacy.

Gifts

The counselor will not be offering any tangible gifts to you and will not take gifts.

Technology

The CBT Center of Idaho is not set up with a secure email or texting service. Please do not try to text or email any personal information pertaining to any client(s). Do not expect any electronic communication from the counselor outside of a basic text reminder of your appointment.

Safety Plan

You may call the CBT Center of Idaho office phone in an emergency, but the phone will not be answered if a session is in progress or if a session is about to start. Do not count on talking to a counselor in person. If you do not reach a counselor, hang up and call 911 or go to your nearest emergency room. If you do not feel you are in eminent danger, there other recourses for you in the community including phone hotlines, texting hotlines, and calling friends and family. If you are in distress, do not wait for a return call from the CBT Center of Idaho, but follow additional steps to insure your safety.

Inability to Provide Consent

When providing services to minors or persons unable to provide voluntary informed consent the CBT Center of Idaho will require consent from legal guardians. The rights of the minors will still be recognized and their input will be used in the counseling process.

Client signature

Date

Client's legal guardian's signature

Date

Susan D Oldenkamp, LCPC, NCC

Date