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## **Life Cycles Counseling**

### **Informed Consent - Minors**

Thank you for choosing Life Cycles Counseling, with therapist Marcel Gamboa. This document is intended to describe different policies and procedures, State and Federal laws, and client's rights. If you have other questions or concerns, please don't hesitate to ask.

**Please read the following information and initial each section where indicated.** By initialing, you acknowledge that you have read and understood the information provided and that you agree to abide by the procedures indicated by Life Cycles Counseling.

#### **Overview**

\_\_\_\_\_ Life Cycles Counseling is an independent center, owned and operated by Marcel Gamboa, Licensed Professional Counselor (license number: 18855). I have a Master's degree in Clinical Psychology from Sam Houston State University, and I have been an LPC since 2004. Business hours are: Monday – Friday 9 am – 5:30 pm.

#### **Services**

\_\_\_\_\_ Services are provided to adults, adolescents and preteens. Families and couples are also welcome, while small children are seen on a case-by-case basis. Sessions last 45-60 minutes and are usually conducted weekly or bi-weekly. Groups are also periodically available.

With over 15 years of experience in the public sector, my theoretic approach has mainly been cognitive-behavioral therapy. In short, it's the idea that our thoughts affect our feelings, which in turn affect our behavior. By working on the connection of these components – and being able to adapt more reasonable and accurate thoughts – we can often resolve many of the issues that make us unhappy. It should be noted that I also use an eclectic approach, often combining techniques to fit the client. For example, for some people it's necessary to discuss and resolve some childhood issues; for others, we may deal primarily with the problems here and now. I sometimes take an educational approach, teaching clients about stress management, coping skills, relaxation techniques and so on. I am also EMDR trained, which can be used with some clients whenever appropriate. In terms of goals and what to accomplish for therapy, it is always a collaboration between the counselor and the client. The counselor will often identify a client's unmet needs, work through the difficulties in life, and establish goals for the sessions.

#### **Financial Issues and Payment**

\_\_\_\_\_ Payments must be made at the time of the session. There are no refunds for payments made. Gifts, bartering or trading services are not appropriate.

\_\_\_\_\_ If you chose to use your insurance, you should provide insurance information to Life Cycles Counseling at least one business day prior to your child's appointment to allow time for verification. If you have a co-pay, you are expected to pay your co-pay at the time of the appointment. In the event that you have not met your deductible, the full insurance rate is due at each session until the deductible is satisfied. If your child has a secondary insurance, you are obligated to disclose this information to counselor.

\_\_\_\_\_ Marcel Gamboa, LPC is credentialed with several insurance companies. In the event that your child has an insurance that I do not currently accept, you have the option of paying “out-of network”. The counselor will provide with you with a receipt that you can submit to your insurance company to attempt to get the fee reimbursed. NOTE: If you chose this option, you do it at your own risk. Life Cycles Counseling, including owner Marcel Gamboa, is not responsible for any portion of the payment not being reimbursed by your insurance company.

\_\_\_\_\_ Please read this cancellation policy carefully. Please contact Marcel Gamboa via phone 281-299-8607 (Calls only, it is a landline), by E-mail ([MG@Lifecyclescounseling.com](mailto:MG@Lifecyclescounseling.com)), or replying ‘2’ to the automated text reminder if you need to cancel or reschedule your child’s appointment. Life Cycles Counseling adheres to a 24 hour cancellation policy. If you no-show with your child to the appointment, or you cancel or reschedule less than 24 hours before the appointment, you may be charged a \$60 cancellation fee. If proper cancellation notice has not been given, an invoice will be sent to your E-mail, and you are expected to pay this fee within 5 days, or by your child’s next appointment, whichever comes first. If payment has not been made, your credit card on file may be charged the \$60 cancellation fee. Multiple cancellations may result in pre-payment for services or termination. There is a \$25 charge for returned checks, or declined/invalid credit card charges.

\_\_\_\_\_ If there is a 45 day lapse in services, your child’s file will be closed. If he/she later chose to resume services, he/she will be considered a new client.

\_\_\_\_\_ Standard billable rate is \$130. If you chose “Private Pay”, the current discounted rate is \$115 for 55-60 minutes. This will not require Life Cycles Counseling to verify your child’s insurance. If at any time you chose to have Life Cycles Counseling verify and/or file with your child’s insurance, the current, standard rate applies from that point forward.

\_\_\_\_\_ Client files and records are the property of Life Cycles Counseling. Client files and records will be maintained in accordance with current State and Federal laws and will consider the end date of the treatment episode as the basis of file destruction. **Life Cycles counseling does not provide Custody Evaluations or Expert Witness court testimony.** If I’m asked to produce a copy of client records, there is a minimum charge of **\$50 for up to 25 pages** and a cost of **\$1 per page** thereafter. Copy fees are due prior to release of record. If Life Cycles Counseling or Marcel Gamboa is subpoenaed by a judge to testify, the minimum charge is **\$750**, due prior to the court date, for any time up to three hours (this includes preparation time, travel, and testifying). Additional time is charged at **\$250 per hour**.

#### SUMMARY OF FEES

Service type	Description	Service fee
Standard billable rate	Individual session (45-55 minutes)	\$130
Discount rate individual sessions	Individual sessions (50-55 minutes)	\$115
Phone/E-mail rate	Over 10 minutes billed at	\$1.50/minute
Appointment no show fee	No show/cancellation less than 24h	\$60
Letters for court/work/school	72 hours notice must be given. Does not include school/work excuse	\$35 for a brief letter. If over 30 min, \$35 additionally for each 30 min.
Request/Copy of records	\$50 for first 25 pages	\$1/page thereafter

\_\_\_\_\_ If using my health insurance, I give Life Cycles Counseling permission to verify and bill services under my insurance. By initialing, I also understand that I am responsible for any portion that is not covered or paid by the insurance company, including, but not limited to copay, deductible, and co-insurance. I understand that if my child’s insurance is terminated or I chose to terminate it, I am obligated to let Life Cycles Counseling know about the termination.

\_\_\_\_\_ Life Cycles Counseling requires all clients to have a credit card number on file. By initialing, I understand that I must provide Life Cycles Counseling with my credit card information and I authorize Marcel Gamboa to charge my credit card for all late-cancellation and/or no-show balances due. I understand that I am responsible for any additional fees incurred by Marcel Gamboa for any disputed credit card charges. Prior to disputing credit card charges, please contact me to discuss the charges to avoid these fees. I understand that this form is valid unless I cancel the authorization through written notice to Marcel Gamboa, LPC.

**Name of Cardholder/Person Financially responsible to Marcel Gamboa, LPC**

\_\_\_\_\_

TYPE OF CARD: \_\_\_\_ VISA \_\_\_\_ DISCOVER \_\_\_\_ MASTER CARD \_\_\_\_\_ OTHER

NAME ON CREDIT CARD: \_\_\_\_\_

BILLING STREET ADDRESS: \_\_\_\_\_

BILLING STATE AND ZIPCODE: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_

EXPIRATION DATE: \_\_\_\_\_ (MONTH) \_\_\_\_\_ (YEAR)

CIC: \_\_\_\_\_ (3 digits on the back of the card)

Cardholder/Person Financially Responsible Signature \_\_\_\_\_

Date: \_\_\_\_\_

**Potential risks and benefits of counseling**

\_\_\_\_\_ Counseling is a dynamic process in which no two people respond the same. Some clients improve as quickly as a few sessions, while others may need longer time (usually when lifelong problems or mental illness is involved). Your child may learn some things that he/she does not like about him/herself, or he/she may experience painful emotions that may seem overwhelming. For most clients, this is a temporary experience that in the long run, will help him/her get better. Change is rarely easy for anyone, and in order for things to move in the right direction, change is almost always needed, either in the environment or within oneself. The progress of your child's treatment depends on many factors, included (but not limited to): the client's readiness for change, the compatibility of client and counselor, the dedication and completion of homework, and willingness to explore various sides of oneself. While the vast majority of clients experience improvement, you should be aware that there is a possibility your child will not benefit from therapy, or in extremely rare cases, potentially feel worse.

**Emergencies:**

\_\_\_\_\_ The counselor will make every effort to return phone calls within a few hours. However, as I am frequently seeing clients back-to-back with no opportunity to check for messages, Life Cycles Counseling should not be relied on for emergency situations. Please call 911 or the crisis line in the county you live in.

Harris County: 713-970-7000 or toll free 866-970-4660  
Ft. Bend and Waller County: 800-633-5686  
National:1-800-723-8255  
In Spanish: 1-888-628-9454

**Confidentiality**

\_\_\_\_\_ Life Cycles takes confidentiality extremely seriously and only releases information in accordance with State and Federal laws and the ethics of the counseling profession. The full explanations are provided to the client in "Texas Notice Form (HIPAA)"

**Communication with client**

How do you wish that I remind you of your child's appointments?

Automated text message      Yes              No  
Phone call                      Yes              No

If necessary (for example to reschedule an appointment), can I leave a voicemail for you?      Yes \_\_\_ No \_\_\_

Besides parents or legal guardians, will anybody else make appointments for your child? (Including cancellations, rescheduling)?      No \_\_\_      Yes, If so, who \_\_\_\_\_

(If applicable) I \_\_\_\_\_ give permission for \_\_\_\_\_ to make, cancel or reschedule appointments for my child. NOTE: I understand that any appointments made in my child's name are subject to Life Cycles Counseling's cancellation/no-show policy.

Please list any other family members that live at home.

Name	Age	Relationship to child
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Parents Status: Married \_\_\_ Divorced \_\_\_ Separated \_\_\_ Parent deceased \_\_\_  
Living together \_\_\_ Co-parents name: \_\_\_\_\_

