



ATLAS COUNSELING

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INFORMED CONSENT TO TREATMENT

Welcome to Atlas Counseling Group, LLC, a counseling practice dedicated to supporting those who feel the weight of the world on their shoulders. This document outlines our philosophy, our services, and our policies. Please review this document before your first session, and note any questions or concerns you would like to discuss with your counselor in person.

Why Do People Need Counseling?

Everyone has times in life that we don't quite know how to handle. This could be anything from losing a job to struggling with addiction or even learning navigate transitioning into marriage and parenthood. Regardless of the circumstances that have caused you to seek counseling, working with a counselor will give you a safe space to address your concerns while recognizing your strengths.

Benefits and Risks of Counseling

It is important to know that each person responds to counseling differently. While some people might see positive changes quickly, others may take a longer, or may experience negative emotions as they begin to heal. Regardless of where you fall on this spectrum, the more invested you are in your healing and growth, the more effective your counseling will be.

Time and Financial Investment of Counseling

Making the decision to prioritize your emotional or relationship health requires commitment from both you and your counselor. Your counselor is here to help guide you toward achieving your goals, whatever they maybe. Counseling sessions are typically held weekly for 60 minutes. While much of counseling will be in the form of in-person conversations, your counselor may also incorporate mindfulness exercises, relaxation, and skill building as needed. There may be times where you will be expected to complete work outside of therapy.

The standard fee for a 50-minute session is \$85, and \$125 for an 80-minute session with payment due at the time of the appointment. In order to avoid the restrictions that typically accompany managed care coverage, Atlas Counseling Group does not currently accept insurance, though we are able to provide out of network documentation upon request. Services are at times available on a sliding scale; please speak directly with your counselor regarding this option. If you find that you need to cancel or reschedule a session, you must provide 24-hours-notice, or you will be charged a cancellation fee of ½ of your normal session fee.

Confidentiality

The information that you share with your counselor is kept confidential, meaning your information will not be shared with others. The only times where information will be discussed with another person is if you have provided prior written consent, or if:

- You disclose that a child, older adult, or person with disabilities has being hurt or neglected;

- You disclose that you are planning to hurt or kill yourself or another person;
- Your counselor needs to consult with a supervisor or another therapist to ensure that you receive the best possible care;
- Your records are subpoenaed by a court of law.

In situations where the welfare of you or another person is in question, your counselor is required by the State of Missouri to report this information to the proper authorities to ensure that the families and the community that we serve are safe and cared for. Additionally, you are protected under the provisions of the Federal Health Insurance Portability and Accountability Act (HIPAA).

For Couples and Families

In couple and family counseling, we ask that each person involved in counseling respect the privacy of the others. While confidentiality between you and your counselor is your right, Atlas Counseling cannot guarantee that the other individuals in your session will maintain the same level of privacy as your counselor.

For Clients Under Age 18

Parents and legal guardians of children under age 18 have the right to know what their child discusses in session. While it is natural to want to know what is happening with your child, it is extremely important to your child’s progress that they feel they have a secure, private space to be heard. During our first session, you and your child will decide together what things should and should not be kept private between your child and the counselor.

Complaints

If you are unhappy with the services you are receiving, you are able to either speak directly with your counselor, or with your counselor’s supervisor.

Client Consent to Counseling

By signing below, I certify that I have read this statement, had sufficient time to consider it, asked any questions, and agreed to this statement. I understand the limits to confidentiality as required by law. I understand the fee per session, my rights and responsibilities as a client, and my counselor’s responsibilities to me. I know I can end therapy at any time.

Name of Client

Signature of Client Date

Signature of Legal Guardian (if client is under 18) Date

Signature of Counselor Date