



JNickel, LPC-S

Pastoral, Individual, Couples Counseling

282 Old Kyle Road
Wimberley, TX 78676
512-663-5941
<http://jaynickel-lpc.com>
therapist@jaynickel-lpc.com

Professional Disclosure Statement Client Agreement and Consent for Treatment

Qualifications

I hold a Masters degree in counseling from the Seminary of the Southwest, Austin, TX. The State of Texas has licensed me as a Licensed Professional Counselor (License #61764). I have advanced training in couple's therapy from the International Center for Excellence in Emotionally Focused Therapy and I have been trained in the treatment of anxiety and trauma using EMDR (Eye Movement Desensitization and Reprocessing). My practice includes: couples, individual, and group counseling. I have particular expertise in pastoral counseling (integration of faith/spirituality with modern psychotherapy), couples/relationship counseling, and treatment of anxiety disorders, mood disorders, and trauma.

Counseling Philosophy and Approach

In individual counseling, I block out 3 hours for our first session so I have time to get to know you and to address your concerns at the very first session. If we decide further sessions would provide value, follow-up sessions last 75 minutes.

Counseling or psychotherapy is a collaborative effort between you (the client) and me (the therapist). During our sessions, we may explore family, social, and medical history, and together we will make plans for how best to work together to address your needs. I employ different treatment modalities depending upon your goals and needs.

Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings (e.g., sadness, guilt, anger, frustration, helplessness). On the other hand, therapy has been shown to have many benefits (e.g., better relationships, solutions to specific problems, significant reductions in feelings of distress).

Ideally, you and I decide together when therapy is complete. When you decide to end therapy, I recommend, and ask for, two final sessions to explore and resolve any immediate issues and to help you make plans for the future.

Confidentiality

Generally, what you tell me will be kept confidential and will not be revealed to other persons or agencies without your written permission. You need to be aware of three possible legal and ethical exceptions to confidentiality: 1) if I believe you pose an imminent threat to yourself or others; 2) I suspect or learn about abuse of children; and 3) when court ordered to release information.

Fees/Payments

Fees: \$150/session.

I do not have a sliding scale but I do provide 10% of my services *pro bono* at a rate we negotiate.

Missed Appointments/Late Cancelations

I would like as much advance notification as possible when you will be unable to come to an appointment. With 2-3 day notice, I can often fill the timeslot with someone waiting to see me.

I require 24 hour advance notification of cancelations. You will be charged a \$60 fee for late cancelations or no-shows and will be responsible for its payment at or before your next scheduled appointment. Your insurance will not cover this fee.

Notifications of cancelation can be made through the following:

- Phone: 512-663-5941
- email: jay.b.nickel@gmail.com

I know that genuine emergencies do happen and I do have some discretion.

Insurance

I do not have contracts with any insurance companies.

Your health insurance may cover all or part of our counseling work together. If you plan to file for insurance on your own, please contact your health insurance company to see if they will cover the services you are seeking and to determine what preauthorization and/or referrals you need. You are responsible for the account balance.

When services are covered by an insurance plan, your diagnosis and treatment plans and other documentation often must be submitted by me to your insurance plan for their review as part of the normal coverage process. Your signature on this form allows me to communicate this information to any applicable insurance company.

While insurance companies promise confidentiality, I have no control over how the insurance companies protect your information.

Emergencies

If you experience a life-threatening emergency, call 911.

If you experience a non-life-threatening crisis and want to talk to me, you may call me and leave a message at 512-663-5941. I will return your call as my schedule allows. If a call runs longer than 10 minutes, I will charge you 1/6th of my full fee for every 10 minutes (including the first).

Consents

Please check one:

- I understand the fee notice information and I will pay the current standard rate out of pocket. I understand I am responsible for no-show/late cancelation and emergency phone consultation charges.

I signing this document, I indicate that I have read, understand, and agree to comply with the policies described in this disclosure statement/agreement and that I consent to treatment for myself (or my child in the case of a minor). Initials _____

If I choose to use my medical insurance to cover services, my signature also serves as consent to allow Jay Nickel to communicate relevant information to my insurance company. Initials _____

Client Name _____ **Date** _____

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