

PSYCHOLOGICAL SERVICES – DESCRIPTION

ELLEN FARRELL, MA, NCC, LPC

PROFESSIONAL COUNSELOR (GA LICENSED)

CERTIFIED REIKI MASTER

THE PROCESS OF COUNSELING/COACHING IS AN INDIVIDUAL EXPERIENCE. THE PERSONALITIES OF COUNSELOR AND CLIENT, LEVEL OF AWARENESS REGARDING THE ISSUES INVOLVED AND OTHER ISSUES MAY BE STRONG FACTORS THAT INFLUENCE WHAT YOU'RE EXPERIENCING. WITH MY EXTENSIVE BACKGROUND IN HOLISTIC HEALING, AND WITH THE ENERGY-MEDICINE INTUITIVE/EMPATHIC WORK I DO, I MAY DISCUSS EMPLOYING MANY DIFFERENT APPROACHES IN ADDITION TO THE COGNITIVE-BEHAVIORAL APPROACH TO DEAL WITH THE ISSUES THAT BROUGHT YOU IN FOR YOUR SESSION. I DEEPLY HONOR THE OPPORTUNITY TO WORK WITH EACH CLIENT.

UNLIKE MOST MEDICAL DOCTOR VISITS, COUNSELING REQUIRES AN ACTIVE EFFORT ON YOUR PART. YOU MAY BE ASKED TO WORK ON "HOMEWORK", EXPLORE RELATIONSHIPS, HISTORY, THOUGHT PROCESSES, AND OBSERVE FEELINGS, THOUGHTS, AND BEHAVIORS, AND THEN TO PRACTICE USING NEW AND HEALTHIER BEHAVIORS. YOU MAY ALSO BE ASKED TO PRACTICE CONCENTRATIVE AND/OR RELAXATION TECHNIQUES OR TRACK COGNITIVE/PHYSIOLOGICAL PROCESSES TO BE ABLE TO BETTER INTEGRATE THESE NEW BEHAVIORS.

THIS WORK MAY RESULT IN BENEFITS AND ALSO HAS RISKS. IT CAN FEEL AWKWARD OR DIFFICULT TO DIVULGE FAMILY OR OTHER PERSONAL HISTORY. PEOPLE EXPERIENCE EMOTIONS ON A CONTINUUM – SOME FIND IT EASY, BUT FOR OTHERS IT CAN BE TRULY DIFFICULT. SUCH FEELINGS AS SHAME, GUILT, SADNESS, ANGER, FRUSTRATION, LONELINESS, AND HELPLESSNESS MAY BE STUCK IN OUR NEUROLOGICAL SYSTEMS DUE TO TRAUMA AND MAY TAKE WORK TO ACCESS AND TIME TO HEAL. WE HAVE TO FEEL IT TO HEAL IT – PAIN USUALLY DOESN'T DISAPPEAR WITHOUT CONSCIOUS EFFORT. ON THE BENEFITS SIDE, TAKING THE TIME AND MAKING THE COMMITMENT TO DO HEALING WORK, HOLISTIC WELLNESS COUNSELING/PSYCHOTHERAPY OFTEN LEADS TO BETTER RELATIONSHIPS, HEALTHY SOLUTIONS TO SPECIFIC PROBLEMS, AND SIGNIFICANT REDUCTIONS IN FEELINGS OF DISTRESS. BUT THERE ARE NO GUARANTEES OF WHAT YOU WILL EXPERIENCE, AND YOUR EXPERIENCE AND OUTCOMES WITH DIFFERENT PRACTITIONERS MAY VARY WIDELY. I SEE THE HOLISTIC WORK I DO AS A SUPPORT FOR HEALING, BEING AND MAINTAINING TRUE HEALTH AND WHOLENESS, AND COMING INTO YOUR FULLEST POTENTIAL.

DURING OUR FIRST FEW SESSIONS/INTAKE I'LL ASSESS YOUR NEEDS. THEN I'LL BE ABLE TO GIVE SOME FIRST IMPRESSIONS OF WHAT OUR WORK MIGHT INCLUDE AND WE CAN DISCUSS A TREATMENT PLAN. YOU'LL EVALUATE MY INFORMATION AND PROCESS WHETHER YOU FEEL COMFORTABLE WORKING WITH ME. IF YOU DECIDE TO CONTINUE WITH TREATMENT, WE WILL DECIDE ON A SCHEDULE THAT FITS INTO YOUR LIFE. SOMETIMES A CLIENT WILL COME IN TO WORK ON ONE ISSUE, AND IN THE COURSE OF TREATMENT, GOALS MAY CHANGE OR NEW GOALS MAY APPEAR. I ALSO NEED TO HEAR WHAT YOU ARE COMFORTABLE WITH AND WHEN SOMETHING ISN'T WORKING FOR YOU, BUT UNDERSTAND THAT DISCOMFORT MAY BE DUE TO SOMETHING OTHER THAN WHAT YOU ORIGINALLY THOUGHT. THIS IS A COMMITMENT OF TIME, MONEY, AND ENERGY, SO IT MAKES SENSE TO BE CAREFUL ABOUT THE THERAPIST YOU SELECT. WHENEVER YOU HAVE QUESTIONS ABOUT HOW I WORK OR ANY ASPECT OF THE WORK, YOU'RE ENCOURAGED TO BRING THAT TO MY ATTENTION!

ALTHOUGH WE WILL REVIEW IN MORE DEPTH (DURING YOUR INTAKE) YOUR RIGHTS AND THE CONFIDENTIALITY LAWS, TO THE EXTENT THAT I CAN UNDER GEORGIA AND HIPAA LAWS (COMPLEX AS THEY ARE) AND THE ETHICS OF MY PROFESSION ALL COMMUNICATIONS WITH ME ARE PRIVILEGED. I OWE IT TO YOU TO PROTECT YOUR CONFIDENTIALITY. THERAPY ONLY WORKS WHEN YOU FEEL THAT YOU HAVE FREEDOM TO TELL ME ANYTHING AND EVERYTHING THAT YOU ARE THINKING/FEELING/EXPERIENCING, WITHOUT FEAR OF CONSEQUENCES. FOR THIS REASON, I DON'T PERFORM SERVICES OTHER THAN THERAPY AND THE EVALUATIONS NECESSARY TO PLAN THERAPY AND TRACK YOUR PROGRESS. FOR EXAMPLE, I DON'T, WRITE LETTERS TO EMPLOYERS OR PROBATION/PAROLE OFFICERS, PERFORM DUI EVALUATIONS, WRITE EXCUSES, FORMS, CERTIFICATES TO RETURN TO WORK, COMPLETE DISABILITY PAPERS, PARTICIPATE IN ANY WAY IN CUSTODY DISPUTES, OR MAKE APPEARANCES IN COURT IN CIVIL OR CRIMINAL MATTERS. THIS WAY, WE CAN WORK ON YOUR ISSUES WITH NO OUTSIDE AGENDAS CREEPING IN. MEDICAL PERSONNEL OR OTHER PROVIDERS CAN FULFILL THOSE NEEDS. IT'S DISRUPTIVE TO YOUR THERAPY FOR ANYONE TO REQUEST INFORMATION ABOUT WHAT WE DO, AND WHILE YOU'RE FREE TO DISCUSS WHAT YOU LEARN ABOUT YOURSELF WITH ANYONE YOU WISH, I STRONGLY DISCOURAGE YOU FROM REQUESTING THAT I SHARE YOUR INFORMATION WITH ANYONE OTHER THAN ANOTHER MENTAL HEALTH PROVIDER. SHOULD YOU NEED LETTERS OR EVALUATIVE REPORTS, IT'S MUCH BETTER FOR YOU TO HAVE AN INDEPENDENT, OBJECTIVE OUTSIDE PROFESSIONAL PROVIDE THEM FOR YOU. IF I WERE FORCED INTO A POSITION IN WHICH I MUST BREAK THE BOUNDS OF CONFIDENTIALITY (FOR EXAMPLE, BY SUBPOENA), I MAY, IF I FEEL THE INVASION OF PRIVACY IS SERIOUS ENOUGH, CHOOSE TO END OUR PROFESSIONAL RELATIONSHIP.

SINCE I AM CERTAINLY NOT AN ATTORNEY, I HOPE THIS SUMMARY IS HELPFUL, IT IS IMPORTANT THAT WE DISCUSS ANY SPECIFIC QUESTIONS OR CONCERNS THAT YOU MAY HAVE.

INTAKE SESSION

MY INTAKE SESSIONS MAY REQUIRE AN EXTENDED FIRST OR SECOND SESSION. DURING THIS TIME, WE CLARIFY THE NATURE OF THE PROBLEM, DEVELOP A PLAN, AND DECIDE WHETHER I AM THE THERAPIST FOR YOU. IF WE WORK TOGETHER, WE WILL USUALLY SCHEDULE ONE HOUR SESSION PER WEEK OR EVERY TWO WEEKS, OR ONE HALF HOUR SESSION PER WEEK, ALTHOUGH SOMETIMES SESSIONS MAY BE LONGER OR MORE OR LESS FREQUENT. EMAIL WHILE NOT AS SECURE, IS ANOTHER WAY OF CORRESPONDING.

ONCE AN APPOINTMENT HOUR IS SCHEDULED, YOU ARE EXPECTED TO BE/CALL ON TIME OR TO PROVIDE A MINIMUM OF 24 HOURS ADVANCE NOTICE OF YOUR ABSENCE. UNLESS WE BOTH AGREE THAT YOU WERE UNABLE TO ATTEND DUE TO CIRCUMSTANCES BEYOND YOUR CONTROL, PAYMENT FOR THE MISSED SESSION WILL BE DUE. PAYMENT BY CASH OR CHECK IS DUE PRIOR TO EACH SESSION UNLESS WE HAVE DISCUSSED ANOTHER METHOD IN ADVANCE. THIS DOCUMENT IS FOR YOUR RECORDS. YOU WILL BE ASKED TO REVIEW AN INFORMED CONSENT FORM AND THE HIPAA NOTICE OF PRIVACY PRACTICES DURING YOUR FIRST SESSION AS WELL AS AN INTAKE FORM AND ANY OTHER ASSESSMENT TOOLS DEEMED APPROPRIATE.