



Intake Form

Date:

Nature of Treatment

Counseling at Burning Ember Counseling is provided in person, over the phone or online and clients may change the way they receive services at any time. Sessions are generally 50-60 minutes in length. If consent is provided, clients may receive work to do at home through email, although most work at home will be discussed and practiced in session.

Counseling services are oriented toward client goals for personal, interpersonal and relationship improvement strategies. Sessions are often scheduled biweekly and usually couples counseling lasts 10-12 sessions.

Counseling is most effective when both clients are engaged in their personal and relational process and willing to participate in treatment.

Counseling is voluntary. Clients are able to quit counseling at any time.

Alternatives to Treatment

Alternatives to treatment are client-specific. If you don't believe your counselor is right for you, talk to your counselor and they can refer you to someone more appropriate for your needs. Other alternatives for certain conditions may also include medication treatment, rehabilitation services, psychiatrist support or alternative therapies. Talk to your family doctor if you think you need additional supports.

Risks & Benefits of Counseling

Couples can benefit from counseling by learning new skills to strengthen communication, problem solve effectively with conflict resolution, identify problems, build trust and set goals together. Counseling can help clients make positive changes in their life, interpersonal and intimate relationships.

Due to the nature of discussions in counseling, it can bring up difficult thoughts or feelings, or identify issues in the relationship not previously addressed. Clients are encouraged to talk with their counselor if they are struggling with the content brought up in session. If clients feel they are unable to keep themselves safe after a counseling session, they are encouraged to visit the emergency room for emergency mental health care. If safety issues in the relationship arise, a counselor may be able to help safety plan with clients.

Cost

Counseling fees are \$200 per 1 hour session. Payment is due the day of session. Please check with your individual insurance company in regard to insurance coverage for counseling services.

Cancellation Policy



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Cancellation without 24 hours notice is subject to half of the one hour session fee.

Confidentiality

All interactions which take place between you, your partner and your counselor are considered confidential (excluding the limits listed below). This includes request for services, scheduling, all information obtained in session and appointment progress notes. You may choose to give your counselor permission, in writing, to release specific information about you to any person or agency that you choose. Partners are encouraged to discuss confidentiality and come to an agreement together about what they feel comfortable sharing in their personal lives.

Limits to this Agreement

In some legal proceedings a judge may issue a court order. This would require this counselor to testify in court.

If I learn of or believe that there is physical or sexual abuse or neglect of any person under 18 years of age, I must report this information to child protection services.

If I learn of or believe that an elderly person, or disabled person is being abused or neglected, I must file a report with the appropriate agency that handles elder abuse or abuse of the disabled.

If I learn of or believe that you are threatening serious harm to another person, I am obligated to report this. This can be in the form of telling the person who you have threatened, contacting the police or placing you into hospitalization.

If there is evidence that you are a danger to yourself and I believe that you are likely to kill yourself unless protective measure are taken, I am obligated to seek outside help to provide protection.

There may be times when I consult with outside sources about cases. In these cases, no personally identifiable information will be used to discuss this case. The persons with whom I discuss cases are legally bound to keep information confidential.

Client Understanding and Signature

I have read and discussed the above information with my counselor. I understand the nature and limits of confidentiality and the risks and benefits of counseling. I am undergoing counseling services voluntarily and know I can quit counseling at any time.

Client name

Client signature

____/____/____
Date (M/D/Y)

Client name

Client signature

____/____/____
Date (M/D/Y)



Intake Form

Date: _____

Demographics

Name _____ Date of birth _____

Phone number _____ Email _____

Mailing Address (including postal code & PO box)

Gender _____ Pronouns _____

Preferred name _____ Occupation _____

I can reach you by (select all that apply): Text Phone call Email

Primary preference for contact is: Text Phone call Email

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