



CLIENT INFORMED CONSENT AND DISCLOSURE STATEMENT AGREEMENT FOR SERVICES

Thank you for your interest in working with Kristen Helms, LCSW (“Kristen”) as a client. Kristen Helms, LCSW and Honest Counseling Solutions, LLC is providing you with the following information so you can make an informed choice about your decision to engage in services. Please read this information carefully and let me know if there is any part you do not understand.

Psychotherapy Services Offered

Kristen is a Licensed Clinical Social Worker (TX license #54502). My license allows me to provide and bill for mental health and psychotherapy services provided in an office setting.

I offer an integrative approach to psychotherapy, working with clients (individuals and couples) in a number of areas including anger, adjustment issues, substance use/misuse, anxiety, depression, low self-esteem, and relationships. I specialize in anger, adjustment issues, and addiction.

The approaches I use are individualized to the client based on the nature of presenting complaint(s) or issue(s) as well as the preferences of the client. I utilize traditional psychotherapy approaches such as Cognitive Behavioral Therapy and Solution-Focused Therapy. If you want to incorporate any of these approaches into your psychotherapy, I am willing to discuss using these options individually or collectively at any time.

Cognitive Behavioral Therapy

Cognitive-behavioral therapy (CBT) is a form of psychotherapy that treats problems and boosts happiness by modifying dysfunctional emotions, behaviors, and thoughts. Unlike traditional Freudian psychoanalysis, which probes childhood wounds to get at the root causes of conflict, CBT focuses on solutions, encouraging patients to challenge distorted cognitions and change destructive patterns of behavior. CBT can be a helpful tool in treating mental health disorders, such as depression, post-traumatic stress disorder (PTSD) or an eating disorder. But not everyone who benefits from CBT has a mental health condition. It can be an effective tool to help you learn how to better manage stressful life situations. Cognitive behavioral therapy is used to treat a wide range of issues. It's often the preferred type of psychotherapy because it can quickly help you identify and cope with specific challenges.

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Solution Focused Therapy

Solution-Focused Brief Therapy (SFBT) concentrates on finding solutions in the present time and exploring your hope for the future to find quicker resolution of your problems. This method takes the approach that you know what you need to do to improve your own life and, with the appropriate coaching and questioning, you are capable of finding the best solutions. SFBT can stand alone as a therapeutic intervention, or it can be used along with other therapy styles and treatments. It is used to treat people of all ages and a variety of issues, family dysfunction, domestic or child abuse, addiction, and relationship problems. Though not a cure for psychiatric disorders such as depression or schizophrenia, SFBT may help improve quality of life for those who suffer from these conditions.

Outcome Expectations/Risk & Benefits

While clients report positive outcomes, please note that it is not possible to guarantee any specific results, and neither Kristen nor you know how you will personally respond to psychotherapy. However, I will work with you to achieve the best possible results for you. Participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that led you to seek therapy. Please note that working toward these benefits requires effort on your part. Psychotherapy requires your active involvement, honesty and openness in order to change your thoughts, feelings and/or behaviors. You will have to work both in and out of the therapy sessions. I will request your feedback and views on your therapy. I will ask for your open and honest response to your progress in therapy.

All effective treatments carry some risk and therapy is no exception. During psychotherapy there may be times you are in touch with painful emotions, sometimes for the first time, which may temporarily lead to feeling worse. Feelings may include sadness, guilt, anxiety, anger, frustration, worry; or you may experience anxiety, depression or insomnia. The process of psychotherapy can make people question the way they live their lives. Attempting to resolve issues that brought you to therapy, such as personal problems or interpersonal relationships, may result in changes that were not originally anticipated or intended. Some changes may lead to what seems to be worsening circumstances or even losses. Psychotherapy may also result in decisions about changing behaviors, employment, substance use, or relationships. Positive change can typically be slow, challenging and at times frustrating.

Treatment Plan

After the initiation of treatment, Kristen will discuss with you her working understanding of the problem(s), treatment plan, therapeutic objectives, and her view of the possible

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outcomes of treatment. If you have questions about any of the procedures used in the course of your therapy, their possible risks, my expertise in employing them, or the treatment plan, please ask. You have the right to ask about other treatments for your presenting problem along with their risks and benefits. If you could benefit from any treatment that I do not provide, I have an ethical obligation to assist you in obtaining those treatments.

Qualifications and Training

I have been licensed by the State of Texas as a clinical social worker since 2014. I graduated from the State University of New York at New Paltz in 2003 with a BA in Sociology with concentration in Human Services. I obtained my Master of Social Work from New York University in 2005. I held my LMSW (licensed master of social work) in TX until obtaining my clinical licensure in 2014. I hold a certification as an Anger Resolution Specialist through The Center for Anger Resolution. My clinical focus in private practice has been in substance use/misuse, anger and adjustment issues I am continually updating my education and skills through current NASW training sessions.

Acknowledgment and Consent to Receive Services

You acknowledge that Kristen Helms, LCSW, as the single member of Honest Counseling Solutions, LLC has disclosed to you in terms you understand the nature and purpose of the services to be rendered by her, and the limits and obligations associated with her services, including circumstances where confidential information may be requested and where disclosure of confidential information may be legally required. Further, you acknowledge that you have discussed with Kristen, and you understand and agree to, the financial arrangements for Kristen's services, including her fees for standard services, and you have received a copy of Honest Counseling Solutions, LLC/Kristen Helms, LCSW's **Office Policies, Client Information, Responsibilities and Rights and HIPPA Notices of Privacy Practices** documents, which are incorporated herein by reference and made part of this Client Informed Consent and Disclosure Statement/Agreement for services. You understand that your consent to the nature of your sessions is given voluntarily, without coercion, and may be withdrawn at any time in the future.

By signing in the space provided below, you knowingly, voluntarily, and intelligently assume these risks and, except in the case of gross negligence or malpractice, you and your representative(s) agree to release, indemnify, hold harmless and defend Honest Counseling Solutions, LLC/Kristen Helms, LCSW, its owners, members, principals, employees, staff members, agents, representatives, consultants, and others associated with Honest Counseling Solutions, LLC/Kristen Helms, LCSW from and against any and

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all claims or liability, of whatsoever, kind or nature, which you, or your representative(s), may have for any loss, damage, or injury, including without limitation, physical, emotional, mental, financial, or personal, arising out of or in connection with your sessions or arising out of or in connection with you voluntarily choosing to use a complementary third-party non-psychotherapy resource, if applicable.

Please sign both copies of this Client Informed Consent and Disclosure Statement/Agreement for Services. A copy for your records will be returned to you. Honest Counseling Solutions, LLC/Kristen Helms, LCSW will retain a copy for its confidential records.

Client's Signature

Print Name

Date

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