



INFORMED CONSENT

The following document reviews the therapist's credentials, contact information, supervisor information, the purpose of counseling, crisis resources, risks, benefits, minor-specific information, couples-specific information, confidentiality, and mandatory reporting required by law.

Contact Information and Credentials

Carleen Bryant, MS, NCC, LPC, LPC-MH
Credo Counseling, LLC
215 Pitkin Avenue #102, Grand Junction, CO 81501
Office: (970) 986-8668
Fax: (970) 986-8586
Email: credocounseling@gmail.com

Degrees, Credentials, Certifications, and Professional Organization Memberships:

- Colorado Supervisor 06/01/2024
- Colorado Licensed Professional Counselor (LPC) January 14, 2019 LPC0015175
- Brainspotting Consultant October 12, 2021-present
- Certified in Brainspotting November 22, 2016-present
- South Dakota Licensed Professional Counselor – Mental Health (LPC-MH) May 18 2009 LPCMH2182
- National Clinical Mental Health Counseling Examination (NCMHCE) March 7, 2009
- South Dakota Qualified Mental Health Professional (QMHP) certification December 1, 2008
- South Dakota Licensed Professional Counselor (LPC) January 18, 2008 LPC7024
- National Board for Certified Counselors (NCC) certification February 6, 2007 #221601
- South Dakota State University (SDSU) – Brookings, South Dakota September 2003 – Summer 2006 MS Counseling and Human Resources Development (CHRD)
- Phi Kappa Phi Honor Society December 9, 2004-present
- California Clear Single Subject Teaching Credential #090020075
- Chapman University – Victorville, California January 1988 – October 1993 Part-Time Student
- University of California Los Angeles (UCLA) July 1979 – June 1983 BA Political Science
- Member Colorado Counseling Association

Purpose of Counseling

Counseling is a collaborative effort between the counselor and the client. It is a space to talk about concerns you may have and increase your self-awareness, problem-solving skills, and self-esteem. Together we will explore your feelings, thoughts, and/or behaviors, and I will support you in making changes. It is important to remember that you are the driver of your personal change. The counselor does not have all the answers. Instead, I will support you in finding solutions that fit you best.



Crisis Information

If you cannot attend a session, please contact me as early as possible to cancel, and I will follow Credo Counseling, LLC's cancellation and no-show financial policies accordingly. Attending counseling under the influence of substances is prohibited. If it becomes clear you are under the influence of a substance, we will terminate the session and reschedule. If you need to speak to me outside of our scheduled session, please email me for the quickest response, and I will get back to you as soon as possible. Since I am not available 24/7, please utilize the following free and confidential mental health crisis hotlines if you need to speak to someone immediately:

- Colorado Crisis Services - Call **1 (844) 493-8255** or text 'TALK' to **38255**
- Colorado Suicide and Crisis Hotline - Call or text **988**

If you have a non-mental health emergency or have immediate safety concerns, please call **911**.

Risks and Benefits of Counseling

Most clients experience improvement and/or resolution to the concerns that brought them to counseling. Benefits of counseling may include increased self-awareness, better self-regulation, increased self-esteem, and improved communication skills. However, the process of counseling cannot guarantee any specific outcomes. Making changes in your life will require effort on your part. Risks may include feelings of uncertainty, frustration, and/or anxiety throughout the change process.

Counseling Services for Minor Clients

This clause is meant for instances where the clinician works with a minor (under 18 years old) as the primary client. In most cases, legal guardians of minor clients have a right to their child's health records by law and can ask about the specifics of the counseling session whenever they would like. Counseling works best when the minor client can develop a safe and trusting relationship with the therapist, and the legal guardian respects the minor client's privacy within the counseling relationship. The clinician will tell the legal guardian of any safety concerns, such as suicidal ideation, self-harm, or homicidal ideation.

The Colorado Revised Statutes, specifically § 12-245-203.5, provides that minors age 15 and older can give consent for therapy without the permission of their parent or legal guardians. When a minor client seeks out counseling themselves, the counselor must have permission from the client to disclose information to their parent or legal guardian. The counselor can disclose information to the parent or legal guardian, without the minor client's consent, if in the professional judgment of the counselor, the minor client cannot manage their care or treatment.

Counseling Services for Couples

This clause is meant for instances where two or more people making up a couple come to counseling together. In addition to the confidentiality and mandatory reporting laws mentioned on the last page, the clinician will not keep secrets for either person in the couple. Couples counseling works best when all parties are transparent with each other and feel equally supported by the clinician. Couples therapy works best when all parties are willing to engage in the process. If appropriate, the clinician may refer one or both parties to individual therapy.



INFORMED CONSENT FOR ADULTS

Confidentiality and Mandatory Reporting

Communication during our therapeutic relationship is strictly confidential. However, there are a few exceptions to this confidentiality. The following are legal reasons why a clinician would have to break confidentiality in Colorado:

- Suspicion of abuse involving a minor, elderly, or disabled person
- Immediate threat of harm to self or identifiable others
- Legal actions where counseling records are subpoenaed - in response to a subpoena for these records, Credo Counseling, LLC will claim privilege. Should the court issue a court order, Credo Counseling, LLC must comply. See financial policy for more details.
- Investigations brought on by a licensing board regarding a therapist's conduct
- Information regarding diagnosis, treatment plan, etc. will be provided to insurance companies unless otherwise specified.
- In instances of delinquent accounts, billing information will be provided to a third party for collection purposes. This will only take place after a final notice has been issued by Credo Counseling, LLC and no response has been received within the allowed time frame.
- In some instances, it is helpful to consult with another therapist regarding the treatment of a client.

You are entitled to receive information about the methods of therapy, the techniques used, the duration of therapy, and the fee structure. You may also seek a second opinion from another therapist or may terminate therapy at any time.

The following is the State of Colorado licensing board's information if you need to report any concerns and/or complaints: Colorado State Board of Counselor Examiners, 1560 Broadway, Suite 1350, Denver, CO 80202 (Phone: 303-894-7800 - Fax: 303-894-7764 - Email: dora_mentalhealthboard@state.co.us)

I have received, read, and understand this Informed Consent. If I request such, I will receive a copy of this signed statement.

Print Client Name: _____ Date: _____

Client's Signature: _____ Date: _____

I, Carleen Bryant, MS, NCC, LPC, LPC-MH, will adhere to the statements I have made in this document, the American Counseling Association's Code of Ethics, and the Division of Professions and Occupations in Colorado.

Provider Signature: _____ Date: _____



INFORMED CONSENT FOR MINORS

Confidentiality and Mandatory Reporting

Communication during our therapeutic relationship is strictly confidential. However, there are a few exceptions to this confidentiality. The following are legal reasons why a clinician would have to break confidentiality in Colorado:

- Suspicion of abuse involving a minor, elderly, or disabled person
- Immediate threat of harm to self or identifiable others
- Legal actions where counseling records are subpoenaed - in response to a subpoena for these records, Credo Counseling, LLC will claim privilege. Should the court issue a court order, Credo Counseling, LLC must comply. See financial policy for more details.
- Investigations brought on by a licensing board regarding a therapist's conduct
- Information regarding diagnosis, treatment plan, etc. will be provided to insurance companies unless otherwise specified.
- In instances of delinquent accounts, billing information will be provided to a third party for collection purposes. This will only take place after a final notice has been issued by Credo Counseling, LLC and no response has been received within the allowed time frame.
- In some instances, it is helpful to consult with another therapist regarding the treatment of a client.

You are entitled to receive information about the methods of therapy, the techniques used, the duration of therapy, and the fee structure. You may also seek a second opinion from another therapist or may terminate therapy at any time.

The following is the State of Colorado licensing board's information if you need to report any concerns and/or complaints: Colorado State Board of Counselor Examiners, 1560 Broadway, Suite 1350, Denver, CO 80202 (Phone: 303-894-7800 - Fax: 303-894-7764 - Email: dora_mentalhealthboard@state.co.us)

I have received, read, and understand this Informed Consent. If I request such, I will receive a copy of this signed statement. I also confirm that I am the legal guardian for the below-named minor. I have read the preceding information and understand my rights as the client's responsible party.

Printed Client Name: _____ DOB: _____ Age: _____

Legal Guardian Name: _____ Relationship to Client: _____

Legal Guardian/Responsible Party's Signature: _____ Date: _____

I, Carleen Bryant, MS, NCC, LPC, LPC-MH, will adhere to the statements I have made in this document, the American Counseling Association's Code of Ethics, and the Division of Professions and Occupations in Colorado.

Provider Signature: _____ Date: _____