

KATHRINE ANDERSON COUNSELING

MENTAL AND BEHAVIORAL HEALTH SERVICES

Kathrine Anderson, MA, LPC, NCC

324 E. Railroad Ave, Suite #500, Fort Morgan, CO 80701

www.katandersoncounseling.com | 970.673.0831 | katandersoncounseling@gmail.com

Mandatory Disclosure and Informed Consent

Credentials:

I am a Licensed Professional Counselor in the state of Colorado as well as a Nationally Certified Counselor. I also hold a license as a Professional School Counselor, grades K-12, in the state of Colorado.

I received my Bachelor of Science from Lambuth University in Jackson, Tennessee in 2008 and earned a Master of Arts in Counseling Psychology and Counselor Education from the University of Colorado Denver in 2012. I am a member of the Colorado Counseling Association and the National Board for Certified Counselors.

The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. The Board of Registered Psychotherapist Examiners can be reached at 1560 Broadway, Suite 1350, Denver, Colorado 80202, (303) 894-7800. As to the regulatory requirements applicable to mental health professionals:

- ✓ Registered psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.
- ✓ Certified Addiction Counselor I (CAC I) must be a high school graduate, complete required training hours and 1,000 hours of supervised experience.
- ✓ Certified Addiction Counselor II (CAC II) must complete additional required training hours and 2,000 hours of supervised experience.
- ✓ Certified Addiction Counselor III (CAC III) must have a bachelor's degree in behavioral health, complete additional required training hours and 2,000 hours of supervised experience.
- ✓ Licensed Addiction Counselor must have a clinical master's degree and meet the CAC III requirements.
- ✓ Licensed Social Worker must hold a master's degree in social work.
- ✓ Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure.
- ✓ Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a master's degree in their profession and have two years of post-masters supervision.
- ✓ A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision.

Personal counseling perspective:

I believe that the therapeutic relationship is crucial to the outcome of therapy. First and foremost, the relationship should be characterized by trust and mutual respect while simultaneously emphasizing joint responsibility and equality. I believe humans want to feel loved, accepted, and understood and therefore my approach emphasizes genuineness, unconditional positive regard, and empathetic understanding in the counseling relationship.

I believe in the dynamic and complex interplay among biological predispositions, early developmental experiences, and current life situations. I see the importance of how early experiences can shape perception and reality, and at the same time I also strongly believe in the power each individual, couple, or family has to make new choices and to create new options in life. I believe in empowering clients to identify resources, strengths, and support systems in their lives.

I find great value in Cognitive-Behavioral Therapy because of the emphasis on the relationship between thoughts, feelings, and behavior. I believe people's beliefs about and perceptions toward life experiences greatly impact how people behave and ultimately feel. I believe that guiding clients to implement skills to deal with problems more productively is a successful way to alter behavior, instill hope, and facilitate change.

Services, Fees, and Appointments:

I offer counseling services to adolescents, adult individuals, and couples and families. At the root of each session is a deep commitment to provide the highest quality of services designed to meet the unique therapeutic goals and needs of my clients.

Counseling services are offered at a rate of \$125.00 for a clinical-hour (\$140.00 for intake session). I believe that it is important for clients to pay a fee that reflects the value of the services that are being provided, as well as the value placed on personal growth. I believe counseling is an investment in yourself, your relationship, and/or your family. The decision to start counseling and actively look at your life and your relationships may be a decision that requires sacrifices in other areas for a period of time. Paying for services at the offered rate enables clients to keep this decision at the forefront of their minds and use counseling time to its greatest advantage.

At the same time, I want to ensure services are affordable to individuals and families in our community who would not be able to afford it otherwise. Therefore, I do hold several slots at an adjustable rate. If this applies to you, I will try to find a fee that is an accurate reflection of the value you place on yourself, the therapeutic process, and that also takes into account your life situation.

Accepted forms of payment:

Cash, Check, Credit Card through Elavon Payment System, Health Insurance

Accepted Insurance/Payment Options:

- Beacon (Medicaid)
- Optum/United Behavioral Health/UMR
- Anthem Blue Cross Blue Shield
- Aetna Behavioral Health
- Cigna
- Cofinity

Apostrophe
Colorado Choice Health Plans
New Directions EAP
ComPsych EAP
Profile EAP
United Health EAP
Triad EAP
Victims Advocacy
LifeSource
TriWest

Office hours are by appointment only. Please call or text to schedule an appointment. A valid credit card number must be provided at the first session. Copays and/or session rates will be charged at the time services are provided. All “no show” appointments and late cancellations (within 24-hours of appointment time) will be billed at a rate of \$75.00. If you are unable to attend a session please call or e-mail the day before your appointment (prior to the 24-hour window) to cancel or reschedule. After 3 cancellations, reschedules, or no-shows, I will close your file and provide referrals for alternative options. All after-hours calls, events or emergencies that require my time, will be billed at my full-price-rate of \$125 per clinical hour. *Medicaid clients are exempt from a “no show” fee, late cancellation fee, or after hours/emergency fees due to Colorado State Law.*

Contact Information:

You may contact me via email at katandersoncounseling@gmail.com or on my office phone at 970-673-0831. Please leave your name, question or concern and the best way to get in contact with you. I will return your call/email within 24 hours. Please specify if I may leave a message at the number you provide. You may also visit my website at www.katandersoncounseling.com for more information.

Limitations of service:

Please note that I am not available 24-hours-a-day. In case of an emergency, please call 9-1-1. Additionally, the State Crisis Number is 1-844-493-8255 and can be accessed 24 Hours/day. As a professional, I am committed to functioning only within the boundaries of my individual professional competence. If/when the client needs exceed the boundaries of my training, I will make every attempt to provide the appropriate resources and make referrals.

Confidentiality:

Generally speaking, the information provided by and to the client during therapy sessions is legally confidential and cannot be released without the client’s consent. There are exceptions to this confidentiality, some of which are listed in section 12-43-218 of the Colorado Revised Statutes, and the HIPAA Notice of Privacy Rights you were provided, as well as other exceptions in Colorado and Federal law. For example, mental health professionals are required to report suspected child abuse to authorities. If a legal exception arises during therapy, if feasible, you will be informed accordingly. The Mental Health Practice Act (CRS 12-43-101, et seq.) is available at: www.dora.colorado.gov/professions/registeredpsychotherapists.

The exceptions to client and counselor confidentiality are listed below:

- If I believe that you are in danger, or that you present a danger to others
- In case of abuse or negligence of a minor
- If a judge orders myself to tell others
- In the case of written consent provided by the client

Client rights and information:

You are entitled to receive information from your counselor about the methods of therapy, the techniques used, the duration of your counseling (if known), and the fee structure. You can seek a second opinion from another counselor or terminate at any time.

In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that regulates psychotherapists. The Colorado Department of Regulatory Agencies has the general responsibility of regulating the practice of licensed and unlicensed persons in the field of psychotherapy.

Department of Regulatory Agencies: 1560 Broadway, Suite 1350
 Denver, CO 80202
 303-894-7800

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Informed Consent:

I have read the preceding information, it has also been provided verbally, and I understand my rights as a client or as the client's responsible party.

Print Client's Name/s

Client's or Responsible Party's Signature/s

Date

Kathrine Anderson, MA, LPC, NCC

Date

Signature of Receipt- Notice of Privacy Practices

I, _____, have received a copy of Kathrine Anderson's Notice of Privacy Practices.

Client or Responsible Party's Signature

Date