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Office Policies & Informed Consent

Welcome! It is a privilege to serve and assist you on your journey towards becoming spiritually, mentally, and emotionally healthy. This document will answer most of the questions you may have regarding the professional services that I offer and business policies that regulate my practice. Let me know if you have any specific concerns or questions.

Qualifications: I am a licensed marriage and family therapist in the state of California. I also hold a PhD in the teaching of psychology.

Clients Served: I provide counseling services only to women 18+ years and pre-marital couples.

Specialty Areas: I specialize in personal growth work focused on identity, value, and worth.

I also specialize in mother-father wounds, singleness, forgiveness therapy, safe people/boundary work, relationships & happiness, faith-based (biblical) counseling and pre-marital assessments.

What to Expect from Therapy?

Potential Benefits and Risks of Therapy

Therapy sessions carry both benefits and risks. Therapy sessions can significantly reduce the amount of distress someone is feeling, improve relationships, and/or resolve other specific issues. However, these improvements and any “cures” cannot be guaranteed for any condition due to the many variables that affect the therapy sessions. Experiencing uncomfortable feelings, discussing unpleasant situations and/or aspects of your life are considered risks of therapy sessions. If you have questions or concerns about your progress, feel free to let me know and we can discuss.

Theoretical Counseling Models

I use a variety of psychological theories and techniques. However, I mostly utilize the following:

Client Centered Therapy (CCT)

Object-Relations (OR)

Cognitive Behavioral Technique (CBT)

Narrative Therapy (NT)

Reality Therapy (RT)

Solution-Focused Brief Therapy (SFBT)

Faith-Based Therapy

For clients that seek faith-based (biblical) counseling, I work from an explicit (open, direct) integrationist perspective. At times, I will utilize various theoretical counseling models that are compatible with various faith-based interventions, depending on your needs in the counseling session. This may include prayer (before, during, or at the end of sessions), use of biblical scriptures to teach, encourage, and provide insight (2 Tim 3: 16-17), faith-based homework, etc. If you desire and are comfortable with faith-based interventions and give me permission to use such interventions in your sessions, provide your signature(s) on the highlighted line here . If not, leave blank.

Goals for Therapy

Goals for therapy are always established through collaboration with the client. The overall objective for therapy is to bring restoration, insight and resolve of the presenting issue(s). Techniques that I often employ, focus on use of Socratic questioning, exploring maladaptive thought patterns and homework between sessions to facilitate awareness of the issue. Homework is a vital part of the counseling process. Completion of homework is necessary if you want to gain the most from the counseling experience.

Length of treatment

The length of your treatment depends on your goals and progress; however, on average, 12-16 sessions.

Terminating Treatment

- a) Client: If you feel that you are not benefiting from my services, you are free to terminate from therapy at any time. However, I hope that you will discuss with me before you exercise this option. I would like to discuss your reasons (in a counseling session) for terminating, so that we can bring sufficient closure to our time of working together. I can provide referrals to other providers that may better meet your needs.

- b) Therapist/Counselor: Likewise, if I feel that you may need further treatment or feel that I can no longer help you with your issue(s), I will discuss this with you and make an appropriate referral. In our final session, we can discuss your progress thus far. We can explore goals obtained, insight gain and skills utilized through your time in therapy.

Code of Ethics: I am required by law to adhere to the California Code of Ethics through the California Board of Behavioral Sciences (bbs.ca.gov).

Limits of Confidentiality: Our conversations are kept strictly confidential. I will not disclose content discussed in counseling sessions **to anyone**. This includes spouses, family members, friends, employers, etc. except when mandated or permitted by law or when client authorizes release of confidential information. California state law mandates that confidentiality can be breached under the following circumstances:

- 1) Suspected cases of child abuse/neglect
- 2) Elder abuse/neglect, or disabled abuse/neglect
- 3) Danger to self or others. I will take steps to protect those in danger, which may include notifying law enforcement, the intended victim, contacting a friend or family member, hospitalization or referral for medication assessment.
- 4) Prenatal Exposure to Controlled Substances
Therapists must report any admitted prenatal exposure to controlled substances that could be harmful to the mother or the child.
- 5) Minors/Guardianship
Parents or legal guardians of non-emancipated minor clients have the right to access the clients' records.
- 6) Insurance Providers
Insurance companies and other third-party payers are given info they request regarding client services.
- 7) To provide the best treatment possible, I may consult with other licensed professionals. I will provide no identifying information.
- 8) Certain types of litigation (such as child custody cases, etc.) may lead to the court-ordered release of information without your consent.

Fees, Payments, Appointments, & Cancellations/No Shows:

Fees

\$200 per 45-minute session, \$250 per 60-minute session (individual)
\$300 per session (Pre-marital)

Payments

I accept Inland Empire Health Plan (IEHP) insurance.

For self-pay clients, payments are due in full when services are rendered. I accept cash, check, or credit/debit card. Sliding rates are available. Please inquire.

Appointments

Appointments are usually set at the end of each session. Appointments may be scheduled, rescheduled, or cancelled by calling or emailing directly.

Cancellations/No Shows

Since the scheduling of an appointment involves setting time set aside for you, I require **at least 24 hours from your scheduled appointment** to reschedule or cancel. If for any reason a session **is canceled less than 24 hours prior, the full fee will be charged** (unless due to illness or an emergency).

For a scheduled appointment that is completely missed (no show) (unless due to illness or an emergency), you will be billed directly for the full fee.

After Hours Coverage, Emergencies and Vacation:

After Hours Coverage

When my office is closed, you may leave a confidential message or email, to be returned usually within 24 hours.

Emergencies

In case of an emergency, you should be aware of the following resources available to assist you:

- 1) Riverside Crisis Hotline, (951) 686-HELP (4357).
- 2) National Alliance on Mental Illness- Orange County, (714) 991-6412
- 3) National Suicide Prevention Lifeline, 24 hours a day 7 days a week at 1-800-273-TALK (8255).

Vacation

I will give you reasonable notice before I go on vacation. Also, in the event I have to travel out of town, a colleague will be on-call for emergencies. I will provide the name of the counselor/therapist and contact information. If you feel that you need treatment during this time, I will help you make arrangements ahead of time with another counselor/therapist.

Please sign and date indicating that you have read and understand the above policies. In addition, that you also give me permission to provide treatment.

Client Signature

Date