

Welcome to New Horizon Counseling Services

Client Information and Informed Consent for Services

Welcome and thank you for choosing New Horizon for your counseling services. Today's appointment will take approximately 60 minutes after you have completed the forms. We realize that beginning a process of counseling may be a major decision, and that you may have many questions. This document is intended to inform you of our policies, your rights, and state and federal laws. If you have any questions or concerns, please ask and we will try our best to give you all the information you need. When you sign this document, it will represent an agreement between you and New Horizon Counseling Center.

Our Counseling Center

New Horizon is dedicated to providing the highest quality in our respective areas of expertise to our community. Our mission is to promote a positive emotional and psychological lifestyle for our clients through counseling and psychotherapy services.

Our Therapists

Our therapists are graduates from a major accredited University, holding a Master's degree in Counseling or higher. Each therapist is licensed through their respective Texas State Board. Those that are interns are in the process of completing 3,000 supervised hours; they are under supervision to ensure that you will receive the highest excellence of service. New Horizon carefully selects interns based on their knowledge, character, ethics, experience, and passion to help. If you have any questions regarding any intern, ask to speak with the Director of New Horizon Counseling, Jaime Corona, MA, LPC-S or of New Horizon Counseling-NRH, Ashley Knight, MA, LPC, LMFT.

If you have any complaints, you may contact the Complaints Management and Investigative Section.

PO Box 141369, Austin, Texas 78714-1369

Website: <http://www.dshs.state.tx.us/>

telephone: 1-800-942-5540

Psychological Services

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychotherapist and the client as well as the particular problems you bring forward. There are many different methods your therapist may use to deal with the problems that you hope to resolve. Psychotherapy calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we talk about both during our sessions and at home.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. Psychotherapy has also shown to have great benefits for people who go through the process. Therapy often leads to an improved relationship, solutions to specific problems, and significant reductions in feelings of distress. However, there are no guarantees of what you will experience.

The first few sessions will involve an evaluation of your needs. By the end of the evaluation, your therapist will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with your therapist. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about procedures, they should be discussed whenever they arise. If your doubts persist, your therapist will be happy to help you set up a meeting with another mental health professional for a second opinion.

Sessions

Normally an evaluation will be conducted that will last at least two sessions. During this time, you and the therapist both decide whether your therapist is the best person to provide the services you need in order to meet your treatment goals. If psychotherapy has begun, we will usually schedule one 45-60 minute session per week or as needed. Once an appointment is scheduled, you will be expected to pay for it unless you provide a 24-hour advance notice of cancellation or reschedule (unless we agree that you were unable to attend due to circumstances beyond your control.)

Confidentiality & Limitations

All communication with your counselor is confidential and will not, except under circumstances explained below, be disclosed to anyone outside of New Horizon unless you give written authorization to release information. You will need to sign a Release of Information Form if you wish to have New Horizon staff communicate information to anyone other than those specified below (see Consent for Limited Release of Information).

A record is kept of your work with us. It contains information you have provided to us in writing as well as counseling notes of your sessions. The record remains at New Horizon for a period of seven years following your last visit; at that time, it is destroyed. **Your record never leaves the Counseling Center.**

It is important that you understand that all identifying information about your therapeutic treatment is kept confidential. Information solicited by phone, written, or in person about clients will not be provided. You will need to sign our Consent to Release Information Form before any information is provided to a third party outside our office. This condition applies also in cases where coordination of treatment is necessary with another health professional (physician/psychiatrist). However, there are exceptions and/or limitations to confidentiality, including:

- In cases of immediate risk/threat of suicide or homicide on the part of the client.
- In cases of child or elderly sexual abuse or neglect
- In cases required by law.

Patient's Name: _____ **Date:** _____

I have received a copy of the HIPAA Notice of Privacy Practices and fully understand how my personal health information will be used and disclosed.

Initials

Emergency Situations

We are usually available Monday through Friday from 9:00 am to 7:00pm. If we are not able to answer the phone, you can leave a message in our voicemail with your name and phone number where we can reach you. We will make every effort to return your call on the same day you made it, with the exception of weekends and holidays. If you are not able to reach us and feel that you can't wait for us to return your call, contact your family physician or the nearest emergency room and ask for the clinician/psychologist/psychiatrist on call. If we will be unavailable for an extended time, we will provide you with the name of a colleague to contact, if necessary.

Requested Services (please check all that may apply)

Individual Counseling: _____ Marriage/Couples Counseling: _____ Family Counseling: _____ EAP: _____

Please note all indicated below will have certain requirements, restrictions and fee agreement:

Immigration Assessments: _____ Disability Assessments: _____

Other Documentation (please specify type): _____

Professional Fees & Fee Agreement

Insurance: _____ Member ID #: _____

Primary Insurance Holder: _____ Group ID# _____

DOB of Primary Insurance Holder _____ / _____ / _____ Relationship to Client: _____

EAP Provider: _____ Contact# _____

EAP Authorization Number: _____ Number of EAP sessions: _____ Eff Date: _____

The following is a fee agreement between NHCC & _____.

Client Name and Insurance name if applicable

I will be expected to pay \$ _____ for each session at the beginning of my session.

Initials

I understand that in the event my insurance provider does not pay for any session(s), I will be fully responsible for the entire amount billed to the insurance provider.

Initials

I understand that in the event my insurance coverage changes, I will be informed by NHCC and responsible for the new client responsible amount indicated by the insurance provider.

Initials

I understand that my appointment time is reserved exclusively for me and if I don't cancel or reschedule my appointment with at least a 24hr advance notice, I will be responsible for a \$25 fee.

Initials

CONSENT TO TREATMENT

By signing this Client Information and Consent Form as the client or Guardian of said client, I acknowledge that I have read, understand, and agree to the terms and conditions contained in this form. I have been given appropriate opportunity to address any questions or request clarification for anything that is unclear to me. I am voluntarily agreeing to receiving mental health assessment treatment and services for me (or my child if said child is the client), and I understand that I may stop such treatment or services at any time.

Signature – Client / Parent or Guardian

Date

Signature – Therapist

Date

DO NOT FILL BELOW LINE- STAFF ONLY

Attending Support Staff: _____

Uploaded by: _____ Date: _____

NEW HORIZON COUNSELING CENTER

Adult Personal Information

Name _____ Date _____
Address _____ Apt _____
City _____ State _____ Zip Code _____
E-mail _____ OK to contact? ☐ YES ☐ NO
Phone _____ OK to contact? ☐ YES ☐ NO Is this a cell phone? ☐ YES ☐ NO
Date of Birth ____/____/____ Social Security #: ____-____-____
Employer _____ Occupation _____
Number of different jobs in past 3 years: _____ Last Grade / School Completed _____
Gender: ☐ Male ☐ Female Ethnicity: _____
Marital Status: ☐ Single ☐ Married ☐ Separated ☐ Divorced ☐ Widowed
If married, separated, divorced, or widowed, how long: _____

Name of Spouse/Partner _____ Date of Birth ____/____/____

Do you have children: ☐ Yes ☐ No If yes, how many children? _____

| Name of Children/Others in Household | Relationship | Date of Birth | Age | Lives with You? |
|--------------------------------------|--------------|---------------|-------|-----------------|
| _____ | _____ | _____ | _____ | Yes / No |
| _____ | _____ | _____ | _____ | Yes / No |
| _____ | _____ | _____ | _____ | Yes / No |
| _____ | _____ | _____ | _____ | Yes / No |
| _____ | _____ | _____ | _____ | Yes / No |
| _____ | _____ | _____ | _____ | Yes / No |

Physician Name _____ Date of last physical: ____/____/____

Any health issues: _____

Current Medications:

Name: _____ Dose: _____ Eff Date: _____

Reason Prescribed: _____

Name: _____ Dose: _____ Eff Date: _____

Reason Prescribed: _____

Name: _____ Dose: _____ Eff Date: _____

Reason Prescribed: _____

Name: _____ Dose: _____ Eff Date: _____

Reason Prescribed: _____

In Case of Emergency:

I authorize to contact _____ Relationship _____

Phone Number _____ Alternate Phone Number: _____

How did you hear about us? ☐ Friend/Family ☐ Former/Current Client ☐ Psychology Today

☐ Our Website ☐ Goodtherapy.com ☐ Counsel-search.com ☐ Other: _____

NHCC ASSESMENT and HISTORY INFORMATION

This information will help you and your therapist begin to clarify your therapy goals.

Patient Name: _____ **Date:** _____

☐ Yes ☐ No Have you ever been treated by a psychiatrist?

☐ Yes ☐ No Have you ever been hospitalized for mental or chemical dependency treatment?

☐ Yes ☐ No Have you seen another therapist in the past 24 months?

If yes, who did you see? _____

☐ Yes ☐ No Have you ever attempted suicide? If yes, when? _____

☐ Yes ☐ No Any mental health problems in father's/mother's family? If yes, please indicate who and what diagnosis? _____

Briefly describe your reasons for seeking counseling services: _____

What kind of things have you tried so far to handle this situation? _____

Please place a number that best corresponds to the issue listed below: (past or present issues may be indicated)

| NEVER | | RARELY | | SOMETIMES | | OFTEN | | ALWAYS | | |
|-------|---|--------|---|-----------|---|-------|---|--------|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| | | |
|-------------------------------------|-----------------------------------|-----------------------------|
| ___ Abuse – physical | ___ Abuse – sexual | ___ Abuse – emotional |
| ___ Abuse – neglect | ___ Aggression, violence | ___ Alcohol use |
| ___ Anger, hostility, irritable | ___ Anxiety, nervousness | ___ Attention, distraction |
| ___ Career concerns, goals, choices | ___ Co-dependence | ___ Confusion |
| ___ Compulsions | ___ Cruelty to animals | ___ Crying, sadness |
| ___ Custody of children | ___ Decision-making, indecision | ___ Delusions (false ideas) |
| ___ Depression | ___ Divorce/separation (parental) | ___ Drug Abuse (prescribed) |
| ___ Drug Use (illegal) | ___ Eating problems | ___ Financial |
| ___ Gambling | ___ Grieving | ___ Goals |
| ___ Guilt | ___ Headaches | ___ Impulsiveness |
| ___ Judgmental | ___ Loss of control | ___ Marital/Partner |
| ___ Memory problems | ___ Menstrual, PMS, menopause | ___ Mood swings |
| ___ Obsession/compulsion | ___ Panic/Anxiety attacks | ___ Parenting |
| ___ PTSD | ___ School problems | ___ Self-esteem |
| ___ Sexual issues | ___ Sleep problems | ___ Stress |
| ___ Suicidal thoughts | ___ Tobacco use | ___ Temper/low tolerance |
| ___ Thought disorganization | ___ Work problems | ___ Other: _____ |

NHCC ASSESMENT and HISTORY INFORMATION Cont.

Patient Name: _____ **Date:** _____

In the past 36 months has there been a death of a family member or someone close to you?

☐ Yes ☐ No If yes, who? _____ When: _____

Prior to the 36 months, has there been a death of someone that was close to you?

☐ Yes ☐ No If yes, who? _____ When: _____

Please rate below on a scale of 0 to 10, 0 = not at all, and a 10 = very much so:

- _____ I was very close and had a good relationship with my father.
- _____ I was very close and had a good relationship with my mother.
- _____ I was very close and had a good relationship with my siblings.
- _____ I have several good friends.
- _____ I often have nightmares.
- _____ I enjoy spending time alone.
- _____ I have a tendency of agreeing with other people to avoid confrontations.
- _____ I don't like being around other people, I want to be alone.
- _____ I like myself.
- _____ I have a healthy interest in sex.
- _____ I sometimes am confused with my identity.
- _____ I put the needs and wishes of others first before myself even if I am not comfortable with it.
- _____ I think I am responsible for the way others feel and their behaviors
- _____ I drink alcoholic beverages at least 3 times per week.
- _____ I have a problem saying "no"
- _____ Others can make me mad, frustrated, disappointed, or sad easily.

Fears or concerns of counseling: _____

Goal or expectation of counseling: _____

