



Lifeline Family Enrichment The Therapy Process

What Can I Expect?

Many times we have encountered discussing our problems with friends and family members hoping to have them provide us with the solution. In counseling, things are somewhat different. My perspective on counseling is that my role as counselor is to **empower you** to make the decisions that are most comfortable and best for you. An option available to you is Christian/Spiritual counseling. Christian/Spiritual counseling is the process in which a professional counselor utilizes the Truth of the Bible and incorporates the tools of the mental health profession to help those in needs. True empowerment involves utilizing every aspect of your life, including your culture and your beliefs. It means that should **you** so desire, when **you** deem it necessary, we can incorporate your faith and spirituality into your therapy. Does this mean if you do not have a particular belief you cannot receive services in this practice? No, of course not! Does this mean that religion will be incorporated into your therapy session? The answer is, only if you choose to do so. My role is not to convert you to my belief but to allow you to utilize your belief in helping your resolve your problems. As a counselor, you can expect me to be honest, appropriate and respectful of your individual culture and beliefs.

What Is Expected of Me?

Counseling is a collaborative process that requires your thoughts, feelings and input. In each session you will be encouraged to be honest, express your thoughts regarding your counseling and our therapeutic relationship. Counseling can involve risks since it often involves discussing difficult aspects of your life that may cause you to experience uncomfortable feelings. Making changes in your life can sometimes be disruptive to your current relationships as well as, challenge your long held beliefs or behaviors. Because this is a complex process, there of course can be no guarantees that therapy will yield the intended results. You are encouraged to ask any unanswered questions regarding the therapy process itself, as well as my qualifications to provide these services. You will be expected to complete your assignments in an effort to reach your goals. Sometimes when going through this process, you may feel challenged beyond your comfort zone and as a result, feel the desire to miss your appointment. This is normal in the counseling process however you are encouraged to keep your appointments and discuss the discomfort you may be experiencing with your counselor. The counseling process involves change which is difficult to sometimes embrace. Change is inevitable and will be a part of your being empowered in deciding your life's course.

Counseling Fees

Consultation Fee: \$75.00
Individual Session: \$155.00
Couples Session: \$175.00
Family Session (3 or more family members): \$190.00
Group counseling please contact the office for specific group fees
Workshops-please contact the office for specific workshop fees

Emergency Situations:

In the event of a psychological emergency after hours, you should call 911, contact your primary physician, the emergency room at the local hospital, or Austin-Travis County MHMR Crisis Line at 1-800-695-6994

___ I understand my signature indicates that I have read and understand the above information provided by my counselor

Client

Counselor

Date: _____

Date: _____