

# ***Gift of Psychotherapy***

*Lindsay Roberts MA, LPC*

*Licensed Professional Counselor*

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## **Informed Consent**

**Fee and Payment:** Individual sessions are \$120.00 for 50 minutes. Couples and family sessions are \$135.00 for an hour.

**Agreed fee:** \_\_\_\_\_ **length of session** \_\_\_\_\_

### **Education and Training:**

I earned my Bachelor of Arts degree from William Paterson University in 2006. Immediately following the completion of my degree, I moved to Colorado and began my career as a Teachers Aid working with children and adolescents with developmental disabilities at Laradon Hall in Denver. In addition to working, I was also in school for my Masters degree at Argosy University. During my time at Laradon, I was able to work with children who struggled with a dual diagnosis of having a developmental delay in addition to having a mental illness. I helped to run groups on coping skills, facilitated outings, and eventually finished my last few months of my Internship there – seeing kids on an individual basis. I also completed most of my internship, during that time, at the Salvation Army. I saw clients for individual therapy, ran co-occurring groups, and processing groups to people who struggled with drug and alcohol issues. Once I finished my Masters Degree in 2009, I started working at Community Reach Center, where I started out at a group ACF where I worked with clients with severe and persistent mental illnesses. Eventually, I became an outpatient therapist there, and then moved on to Jefferson Center for Mental Health – both working with a multitude of clients, and running an anger management group to clients with various diagnoses. Being in the community mental health arena, I was able to attend a variety of trainings, and completed my licensure in 2012. I have had the opportunity to become trained in EMDR, or Eye Movement Desensitization and Reprocessing Motivational Interviewing, Cognitive Behavioral Therapy, Solution Focused Therapy, Anger Management, Panic Disorder Protocol, to name a few. I have had the opportunity to work with, and successfully treat a wide array of mental health conditions, including those that revolved around: attachment, adjustment, anxiety, depression, eating, anger, trauma, grief and psychosis. Examples of therapeutic topics discussed during a given session include: trauma, spousal conflict, familial conflict, anger, grief and loss, school/work anxiety, low self-esteem, depression, and abuse.

### **Therapeutic Approach:**

I view the therapeutic process as a joint effort in which you truly are the architect of your own life. Everyone – which includes therapists – are destined to not only experience the wonders of life, but also life's inevitable difficulties: rejection, loss of control, isolation, meaninglessness, regrettable choices, and the list goes on. My responsibility to you is to assist in helping better understand the cause of these difficulties through identifying problems in your life and then working to find the root cause of each. It is through this process, that many difficulties which have or will present themselves throughout your lifespan, can be addressed head on and resolution can be found. The engagement which happens every session I meet with you is interactive, as though we are fellow travelers who are in search of finding balance within an otherwise unpredictable existence. Collectively, we explore your beliefs, your convictions, and your values to ultimately help find genuine meaning in your life. Therapeutic models that I might utilize (but am not limited to) in our sessions include: Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Solution Focused therapy (SFT), Person-centered therapy, Motivational Interviewing (MI), and reality therapy.

### **The Counseling Process:**

Counseling can be seen as a scary endeavor that has both benefits and risks. Benefits for individuals who undertake counseling often include a better understanding of self, more satisfying relationships, reduction in unwanted emotions, and resolution of identified problems. This path to self-discovery nearly always involves vulnerability, taking emotional risk, and addressing difficult topics that might initially increase distress. It is through this exploration of unpleasant topics that potential risks of counseling surface. It is not uncommon through the therapeutic process that you will recall uncomfortable aspects of your personal history that may bring up overwhelming thoughts and feeling that are challenging to cope with. Due to no one individual being immune to the inherent tragedies of existence, there are no guarantees that you will feel better or that your problems will be resolved upon leaving my office. If you have any concerns about your progress or the results of your counseling experience, please talk to me at any time during our work together.

### **General Structure of Counseling:**

Sessions are scheduled for 50-minute periods. Length and frequency of sessions can be increased or decreased to adequately reflect your counseling needs. Generally, it is important that we meet initially three or four weeks in a row so we can expedite the rapport building process which is so paramount in the therapeutic process.

### **Payment Policy:**

I charge \$120.00 for individual psychotherapy and \$135.00 for family therapy services. I may negotiate a sliding scale for individuals under financial distress.

### **Insurance:**

I currently accept United, and various EAP plans. Also, I will gladly provide a statement for you to file with your insurance company for other insurance providers. It is important that you confer with your insurance provider to verify that you will be reimbursed for the services rendered by Lindsay Roberts, MA, LPC.

### **Cancellation Policy:**

The time of your scheduled appointment is reserved for you. If you need to cancel your session with me, please do so at least 24 hours in advance by either phone (609-923-0785) or email ([lindsay.robertslpc@gmail.com](mailto:lindsay.robertslpc@gmail.com)). If you do not do this, or if you miss an appointment, you will be charged the regularly discussed session fee.

**Messages and telephone calls:**

Every effort will be made to return phone calls within 24 hours, Monday-Friday. I may not return phone calls over the weekend (if an emergency presents itself, please go to your nearest emergency/urgent care hospital or dial 911). Please feel free to leave me a message at 609-923-0785. I do not charge for brief phone calls; however, any call lasting longer than 10 minutes will be charged on a pro-rated basis of our agreed upon session fee.

**Other services:**

Written reports, phone calls, summaries, assessments, etc. requested by insurance companies, schools, employers, or social services will also be charged at our agreed upon hourly fee.

**Scope of practice:**

I do not provide 24 hour coverage. Generally speaking, I provide outpatient, non-emergency psychotherapeutic services by scheduled appointment. Clients seen in an outpatient setting are assumed to be responsible for their day-to-day functioning. If I believe your psychotherapeutic issues are above my level of competence or outside my scope of practice, I am legally bound to refer you to another therapist or terminate our therapeutic relationship.

**Confidentiality:**

ALL communication that happens between us is considered confidential except where legal demands take precedence (see Mandatory Disclosure Statement). Under special circumstances, I can work in conjunction with other specialist (e.g. Psychiatrist, School Counselor, etc.) to build a supportive team for your care. If this sort of consultation with other professionals is requested by you, then a Consent for Release of Confidential Information form will need to be completed by you to give me such authorization.