

Gift of Psychotherapy

Blake Roberts MA, LPC

Licensed Professional Counselor

2855 N. Speer Blvd., Suite C; Denver, CO 80211

720-232-0429

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 Winthrop University in 1997. Immediately following the completion of my degree, I moved to Colorado and began my career as a mental health professional working with children and adolescents at a Residential Treatment Center in Westminster. During my tenure at this facility, I led an assortment of groups, provided individual counseling, became certified in crisis management, and served as a unit supervisor for over a year. Following 3 years of service working at this organization, I felt it was time for me to move on and so, in 2000, I began working at The Children's Hospital Colorado as a Mental Health Counselor on their Inpatient Psychiatric Unit. As a counselor for eleven years at this teaching hospital, I was provided supervision and training from some of the most revered mental health specialists in the field of psychology. I 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. Also, throughout my employment at The Children's Hospital, I had the opportunity to attend over 50 different trainings/seminars on topics such as Collaborative Problem Solving, anger management, PTSD, grief and loss, family therapy, Dialectical Behavioral Therapy, Play Therapy, and Sand Tray Therapy. In 2008, as I continued to work at Children's, I completed my Master of Arts degree in Counseling Psychology at Regis University. My internship for this program was with the Aurora Mental Health Center (AUMHC) where I worked with children, adolescents and adults. Throughout my 13 month commitment with AUMHC, I provided individual, family, and couples therapy to clients ranging from the age of 6 to 50+. Examples of therapeutic topics discussed during a given session included: parental-child conflict, spousal conflict, trauma, grief and loss, school/work anxiety, low self-esteem, depression, truancy and abuse. I am a certified, Tier 1 Collaborative Problem Solving (CPS) therapist and am working towards completing my Tier II training and certification in 2012. I am a practicing Licensed Professional Counselor, am trained in Eye Movement Desensitization and Reprocessing (EMDR) - which focuses on trauma recovery, and I am a registered member of the American Counseling Association (ACA).

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: existentialism, person-centered therapy, collaborative problem solving (CPS), psychodynamic therapy, cognitive behavioral therapy (CBT), Eye Movement Desensitization (EMDR), 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 Medicaid through Adams County, Denver County, Arapahoe/Douglas County, Weld County and Victims Compensation. 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 Blake 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 (720-232-0429) or email (blake.roberts888@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 (720) 232-0429. 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.

For minors in therapy:

The therapeutic process is largely built on the idea of trust. When working with children and adolescents, this component, I feel, is the most essential in establishing a therapeutic alliance. Under this belief, I am bound to hold as confidential any information I receive about drug and alcohol use. Only with your child's permission can I share such material. Times I am required to break confidentiality is if I assess your child of being an imminent danger to himself or others. I must also report to Social Services any allegations of neglect or abuse. A priority during therapy is to increase your child's skills in communicating with you and I will frequently encourage parent-child conversation. I will be happy to give you a summary of the sort of issues we are looking at and my assessment of the work we have

done. At ALL times, I will want to hear your perspective on how things are going. I will gladly consult with you on parenting issues that may arise in the course of treatment.