

Informed Consent for Mental Health Counseling

Counselor Background

My name is Rebecca Mangold and I am a Licensed Mental Health Counselor in the state of Iowa and a Registered Play Therapist. I earned an undergraduate degree in Psychology and Spanish and a master's degree in Clinical Mental Health Counseling. I have previous experience as a therapist with a local agency.

Services

Counseling services can be provided for short term and long-term concerns and participation is voluntary. Some issues that may be addressed through counseling include school issues, behavior issues, anxiety/depression, ADD/ADHD, life changes/transitions, and others. If there is an issue that cannot be addressed by the counselor, an appropriate referral will be made. It will be up to the parent/guardian to follow through with such referral. It should be noted that counseling services are only available during the school year when school is in session.

If your child is already seeing a therapist, I may request a release of information to contact that therapist. The purpose would be to collaborate with the therapist to best help your child.

Confidentiality

Information will be kept confidential. There are some exceptions and they include:

1. Thoughts/intent on harming self or others
2. Abuse- I am a mandatory reporter
3. Court ordered records. In this case I will do all that I can to keep things confidential and only release records if I am required by court.

As I am at school and work closely with teachers and other necessary staff, I will share information on occasion to help your child at school. I only share necessary information when appropriate in the aid of your child.

Rights

Below are some of the rights that you have regarding counseling:

1. The right to terminate counseling at any point.
2. The right to be informed of the counseling process.
3. The right to confidentiality under federal and state laws.

Parent/Guardian Signature: _____ Date: _____

Counselor Signature: _____ Date: _____