



Dr. David C. Moenning
Licensed Marriage & Family Therapist

Informed Consent for Counseling

I appreciate the opportunity to meet with you. As we explore the concerns that you bring to counseling, I want you to know that I view our time together as a partnership. My hope is that we will be able to work together in a way that will be most meaningful and beneficial to you. The following items will help you to understand your rights as a client, who I am as a counselor, and the nature of our professional relationship.

What is counseling? Counseling is the process of resolving problems by talking with a person professionally trained to help people achieve a more fulfilling individual life, marital relationship, or family relationship. The process of change will be unique to your particular situation. This process begins by clearly defining the problem and mutually deciding on goals for your therapy.

Risks associated with counseling In some instances, talking about your problems may worsen your symptoms; however, over time you should see an improvement. Also, significant life changes experienced during and after counseling can both positively and negatively impact other aspects of your life. Not all individuals will benefit from counseling or from working with a particular counselor.

Confidentiality limitations By law and professional ethics, your sessions are confidential with the exceptions permitted or required by law.

Confidentiality during couples and family counseling is different. The counselor will not hold couple/family secrets from other family members that are detrimental to the health and/or welfare of the couple/family. Instead, the therapist will assist the family member that has a secret to share it with their family member(s) in a safe manner.

Confidentiality during group therapy cannot be guaranteed. Other group members are not counselors and are not bound by the same ethical codes that counselors are. While we request that everything shared in a group be kept confidential, there is no guarantee that group members will comply.

Termination of treatment You are free to take a break from, end, or request in writing a referral for treatment at any time. It is encouraged that you talk with your counselor about the reason for your decision so that sufficient closure can be given to the therapeutic relationship.

Client responsibilities Client responsibilities include arriving on time for each appointment, being willing to participate meaningfully in your treatment plan as developed by you and your counselor, to treat staff in a courteous manner, and to be free of alcohol or substance use during treatment. Your counselor may suggest that you or your family member seek outside care from your family physician, a psychiatrist for medication evaluation, or a clinical psychologist for testing purposes. It is the client's responsibility to make these appointments and the client is responsible for any fees for these appointments.

Client records The purposes of your client file are to help provide you with the best service possible and to maintain a record regarding the type and quality of services provided. It will include intake paperwork, goals, progress notes, data from any psychological tests, and information on appointments kept and cancelled. Records will be maintained in a secure manner and are only accessible to your counselor.

Consent of minors Your counselor will only work with children when custodial parents have given informed consent and are actively involved in working towards resolving the identified issue(s).

Credentials Dr. David Moenning completed a Master of Science in Mental Health Counseling from the University of North Florida (2013), and is a Licensed Marriage and Family Therapist with the State of Florida (License #MT3081). Dr. Moenning holds a Doctorate in Ministry from Asbury Theological Seminary, a Masters of Divinity from Candler School of Theology at Emory University, and a Bachelor of Arts from Florida Southern College. Dr. Moenning is Clinical Fellow of the American Association of Marriage and Family Therapists, the American Association of Christian Counselors, and The International Centre For Excellence In Emotionally Focused Therapy.

Approach and methods Dr. Moenning addresses each client and individual counseling session using a relational, client-focused, clinically integrated approach. He utilizes aspects of family systems, psychodynamic, behavioral, and cognitive-behavioral therapy. Simply stated, Dr. Moenning believes that human behavior is affected by both internal thoughts and beliefs, as well as external events, including the influences of one's family of origin and environment. Change is then possible through recognizing and acknowledging the beliefs, thoughts and behavior patterns that have developed within us, and actively working to resolve those that are not helpful or healthy. Counseling may include short-term interventions to target the problems, identify beliefs and thought processes that cause you difficulty, and learn new ways of thinking.

When working with couples Dr. Moenning utilizes a research-supported approach empirically shown to provide the highest rate of success. This approach, known as Emotionally Focused Couples Therapy (www.iceeft.com) is considered one of the most highly regarded approaches worldwide for working with couples. Dr. Moenning is in the pre-certification process for becoming one of a limited number of Certified Emotion Focused Couples Counselors in Jacksonville.

Dr. Moenning's biblically based, Christian worldview is a belief that contributes to his personal nature as a counselor; however, Dr. Moenning does not discriminate against any person's spiritual or religious beliefs and will integrate the spiritual or religious beliefs of his clients into the therapy process to the extent desired by the client.

Consultation In the best interest of professional counseling and service to clients, Dr. Moenning may at times consult with other professionals regarding specific cases. Consultations are a routine part of professional practice and are considered confidential. Your identity and any facts that would lead to your identity will be kept confidential and will not be revealed. Ethical counseling standards state that counselors do not work with clients who are seeking treatment from other counseling providers for the same or related issues. If you are currently in treatment with another counselor, psychologist, or practitioner Dr. Moenning is not able to provide services until that

relationship has concluded. You may be asked to sign a release of limited information allowing Dr. Moenning to communicate with professionals you have seen or are continuing to see for adjunct treatment, i.e. group counseling, medication management.

After-hours emergencies Dr. Moenning’s general office hours are Monday–Friday between 8 am and 7 p.m. After-hours callers should leave a message at (904) 412-2876. Because the privacy of electronic technology cannot be guaranteed, please limit messages to information that will not compromise you should an unexpected breach occur. All non-urgent calls are returned within 24 hours during the Monday – Friday week. Non-urgent calls during the weekend or holidays will be returned on the following business day. If you need immediate mental health or medical assistance, you should call 911 or proceed to the nearest hospital or mental health facility.

Vacations There will be times, both expected and unexpected, that there will be brief interruptions in counseling services. If Dr. Moenning is out of town or is unavailable, arrangements will be made for current clients to access care in the case of emergencies. If you feel that you will need continuing treatment during planned times of absence, Dr. Moenning will help you make these arrangements ahead of time with another counselor.

Cost of Services Dr. Moenning's counseling fee is \$100 for an individual, and \$130 for a couple, and is based on a 60-minute session. While Restoration Counseling does not currently accept insurance, it does accept payment by cash, check or credit card. All payment is due at the time services are rendered.

Re-scheduling appointments If you must cancel or reschedule your appointment, please contact Dr. Moenning within 24 hours of the scheduled time. Appointments that are missed without any notification or clients who call to cancel on the same day of their appointment will be charged the **FULL** fee for that session. Special consideration will be given in the event of an emergency.

Disputes If you have a complaint over the counseling services you are receiving, or a dispute over financial matters, you are entitled to register your dispute with the Florida Department of Marriage and Family Therapy without fear of consequences. Their contact information is available upon request.

Consent to Treatment

Having read and verbally understood the contents of this informed consent, I acknowledge and agree with the above statements, and grant consent to Dr. David Moenning to provide counseling services to me.

Client Signature:

Date:

David C. Moenning, D.Min., LMFT Signature

Date:
