

# DragonFly Counseling, PLLC

## Disclosure and Consent

I, Trina Fry, obtained a Master's of Science in Advanced Clinical Counseling, (MS) from Northwest Nazarene University in 2015. I am a Licensed Professional Counselor (License number: LCPC 6950) in the state of Idaho.

I have specialized training in Logotherapy (assisting people to find meaning and purpose in their lives), coursework and experience in working with issues such as; self-esteem, depression, anxiety, trauma, PTSD, grief, as well as working with children and adolescents with various issues. I work primarily from an Adlerian based approach and also draw from Cognitive Behavioral Therapy Techniques as well as Solution Focused Strength Based techniques.

### CONFIDENTIALITY

\_\_\_\_\_The information you share in therapy is confidential. I cannot release information to another party without your written consent. Confidentiality laws do require that I make exceptions in some very limited circumstances.

### Limitations of Confidentiality

The law requires me to reveal information obtained during therapy to other persons or agencies without your permission in the following situations:

1. If I believe you are in imminent danger to yourself or others.
2. If I suspect any abuse (emotional, physical, or sexual) or neglect of any child(ren) or vulnerable adults.
3. If I am ordered to release information by a court of law.

\_\_\_\_\_Our paths may cross in social situations but our therapeutic relationship comes first, along with protection of your confidentiality, therefore I do not initiate the greetings. Our contact will be limited to counseling sessions, except in the case of emergency when contact may be by phone. If our paths do cross outside of your counseling session, I will not talk with you about any personal information or issues you may have. Those will be reserved for counseling sessions only.

\_\_\_\_\_I seek consultation at times from other professionals. Your case may be discussed for the purpose of maintaining the highest quality care. A professional consultant is also bound by the legal responsibility of protecting your confidentiality. Additionally, DragonFly Counseling, PLLC may have non-professional staff, such as a secretary, that may schedule appointments, make reminder calls, arrange files, or perform other tasks that would allow them to know you are client of DragonFly Counseling, PLLC. Such staff is also bound to confidentiality as part of their work agreement. If you have any questions about this please ask.

### PROFESSIONAL FEES

\_\_\_\_\_The fee is \$120 for a 45-50 minute session, \$140 for a 51-60 min session and 50-60 minute couples/family session due at the beginning of each session. You will be charged for phone time with you or on your behalf, not related to scheduling issues, and letters or reports including preparation time, at \$25 per hour, which is not covered by insurance. You are responsible for any balance not covered by insurance. If you have an outstanding balance and a payment agreement has not been made between the responsible party and Trina Fry, LPC, your account may be sent to collections and a 30% fee will be added to your account. **Forensic Rates and Court**

**Appearances:** My focus in providing counseling and psychotherapy is on treatment and healing. It is NOT my intention to become involved in cases that require evaluation (either written or otherwise) or my testifying in court. When subpoenaed, I may obtain my own legal counsel. If I am required to appear in court or conference via telephone, **the client or guardian associated with the subpoena/court request will be REQUIRED to pay the following fees: \$1600 per day**, including travel time and all time at the courthouse or waiting to testify. **I require a minimum of \$1000 plus estimated travel time be paid 48 hours in advance.** Because I must cancel all other appointments for these appearances, **this payment will NOT be refunded for any reason.** If I am required to appear in court, you will be charged for the full day regardless of how many hours I am there for. If a subpoena is issued to me without my approval (see above) the subpoena will be directly turned over to my attorney and a bill will be rendered for immediate retainer fee payment. Even though you are responsible for the testimony fee, it does not mean that my testimony will be solely in your favor. I can only testify to the facts of the case and to my professional opinion. The rate for all subsequent therapy services such as: attending parent/teacher conferences, attending school related meetings such as and IEP/504 meeting, conducting classroom observations, participating in legal depositions, consultations with attorneys, etc. will be billed at \$120.00 per hour and is not a service that is covered by insurance. If a check is returned, a processing fee of \$25.00 will be assessed to your account. Additionally, you will need to make a cash or money order payment for the returned check and \$25.00 processing fee. After a returned check, I may require cash payment of future appointments.

### CANCELLATIONS AND MISSED APPOINTMENTS

\_\_\_\_\_Time is important to all of us. DragonFly Counseling, PLLC, does send text reminders your upcoming appointments. If you are unable to keep an appointment, please notify DragonFly Counseling, PLLC at least 24 hours in advance. You can cancel by calling

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the office at 208-887-1911 ext 106 or emailing trina.therapy@gmail.com, which is available 24 hours a day, and records the time of call/email. Any cancellation after the 24-hour deadline will be charged a \$50.00 late cancellation fee, and any missed appointment without notification (no-show) will be charged the full session fee, \$120. Insurance does not cover these fees and they will be due before your next appointment. *In the event of a late cancellations or no-shows your credit card may be charged the agreed upon amount without prior notice.* In the event of repeated late cancellations/no-shows/cancellations, you may be removed from the schedule. I will notify you as soon as possible if I need to reschedule your appointment. When you decide to discontinue therapy, I ask that you discuss this with me at a regular therapy session, not by phone.

## GRIEVANCE/COMPLAINTS

Initial complaints should be addressed with your counselor. The practice of licensees and interns is regulated by the Idaho Licensing Board of Professional Counselors and Marriage and Family Therapists. As a client, you have the right to make complaints regarding ethical concerns to the Bureau of Occupational Licenses, 208-334-3233, located at 700 W State St, Boise, ID 83702. You should be aware that sexual intimacy is never appropriate with a client and should be reported to the board. In addition you have the right to be a participant in treatment decisions, to seek a second opinion, to file a complaint without retaliation, and to refuse treatment.

## EMERGENCY AND CRISIS AVAILABILITY

DragonFly Counseling, PLLC is not an emergency service and does not provide 24-hr crisis counseling/services. DragonFly Counseling, PLLC is not available after 6pm on weekdays and not available at all on weekends. In an emergency situation, contact your local community mental health center, go to an emergency room, or call another crisis counseling hotline. Emergencies include, but may not be limited to, self-harm/suicidal thoughts, threats, and attempts; physical or psychological concerns of medication; fear of harming self or others; inability to keep yourself or family safe around aggressive or out-of-control behaviors or rage.

### Important local crisis numbers are:

- Emergency 911
- Mobile Crisis Ada County (208)334-0808
- Suicide Hotline 1-800-234-0420
- Crisis Text Line Text **HOME or START** to 741741
- Intermountain Hospital (208)377-8400
- St. Alphonsus Psych Hospital (208)367-3189

## PROFESSIONAL RESPONSIBILITY AND COMMITMENT/SOCIAL MEDIA POLICY

I am dedicated to the treatment of individuals and families, and to providing you with the best care that I can. It is my firm conviction that for counseling to be effective, there needs to be a committed partnership between the counselor and clients. Clients are equal and indispensable partners in treatment. As such, it is expected that they will be actively involved in the development of a goal-oriented treatment contract. **Additionally, this is a professional relationship and it is my policy to maintain only a professional relationship with you.** I cannot accept gifts or invitations, or engage in a business or personal relationship with you. I will not interact with you in any way on any social media site. I will not correspond with you through any social media site (i.e Facebook, Instagram, Twitter, Tumblr, etc.) If you need to correspond with me outside of your scheduled session time for administrative purposes (i.e scheduling) you may leave a message by calling 208-887-1911 x106, or leave a message/text at 208-571-3481. Confidentiality can't be guaranteed when communicating outside of your scheduled session time by electronic means (i.e. phone, text, email.) It is NOT a regular part of my practice to search for clients on Google or Facebook or other search engines. Extremely rare exceptions may be made during times of crisis. If I have a reason to suspect that you are in danger and you have not been in touch with me via our usual means (coming to appointments, phone, or email) there might be an instance in which using a search engine (to find you, find someone close to you, or to check on your recent status updates) becomes necessary as part of ensuring your welfare. These are unusual situations and if I ever resort to such means, I will fully document it and discuss it with you when we next meet. These guidelines are meant to insure the quality of your care.

My signature signifies that I have read, understand and accept these conditions and policies and agree to enter therapy. I have been given a copy of these policies. I agree to pay for all services rendered and any legal expenses necessary for collection.

\_\_\_\_\_  
Client/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist