



**Empowered Counseling and Coaching LLC (EC&C)**

**Haily Mooney, LMFT, M.S.**

**Owner and Primary Therapist**

**PhD Candidate**

**Informed Consent for Counseling**

Welcome! I appreciate the opportunity to meet with you and/or your family. It is truly an honor to work with you on the concerns that you bring to counseling. I greatly look forward to helping you reach your goals for mental, emotional, and relational health. My hope is that I can provide a safe and empowering place for you. The following items will help you to understand your rights as a client and 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, empowered, and healthy individual life, marital relationship, or family relationship. Each process and approach is client-tailored and will be focused on your needs and goals. This process begins by clearly defining the problem and mutually deciding on goals for your therapy.

**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**

If at any time you find that you have attained all your goals or you would like to terminate treatment for any other reason, you have full right to. If you find that you do want to stop counseling we can collaborate together to examine your goals, make any needed referrals, or discuss any other reasons for termination and we will try my very best to address and resolve any concerns.

### **Client responsibilities**

It is the client's responsibility to arrive timely to appointments. Arrive substance free and be intentional and meaningfully involved in each session. The therapist has the right to terminate a session if a client presents as intoxicated. The client is responsible to pay for each session at the beginning of each session. Payment is due when services are rendered. EC&C does not currently collaborate with any insurance companies at this time.

### **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 assessments, and information on appointments kept and canceled. Records will be maintained in a secure manner and are only accessible to your counselor.

Empowered Counseling and Coaching carefully considers your confidentiality and privacy and follows regulations and requirements for patient health information (PHI) as instructed by The Health Insurance Portability and Accountability Act (HIPAA).

### **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**

Haily Mooney obtained a Master's of Science in Clinical Mental Health Counseling and Marriage and Family Therapy from Jacksonville University and received the award of 'Clinical Excellence' in her graduating class. She also graduated Magna Cum Laude and is a member of the North Florida Mental Health Counselor's Associate and the American Association of Marriage and Family Therapists. She also attained a Bachelor's of Science in Psychology with a concentration in child psychology from the University of North Florida. She graduated Magna Cum Laude and was involved in two research departments that aided her understanding and knowledge of mental health, family dynamics, and child development.

Haily Mooney is a PhD candidate at the University of Tennessee Knoxville in Counselor Education. She currently creates and implements family programs for various substance abuse and mental health treatment facilities in Florida and Tennessee. She also will be fully certified in Eye Movement Desensitization and Reprocessing (EMDR) as of March 2023 for clients who have experienced trauma or persistent mental health concerns that have not improved with other modalities.

Haily Mooney is a Licensed Marriage and Family Therapist for the state of Florida and Tennessee. License Number MT 4492.

### **Approach and methods**

Empowered Counseling and Coaching operates out of various modalities, techniques and theories that best fit the client(s). Haily Mooney is trained and utilizes most frequently a combination and eclectic approach using attachment focused methods, Acceptance and Commitment Theory, Dialectical Behavioral Therapy, and many other systemic models. It is our hope that we collaborate with you to identify a strategy and method that empowers you the most to reach your goals.

### **After-hours emergencies**

Empowered Counseling and Coaching's general office hours are Monday–Friday between 8 a.m. and 7 p.m. After-hours callers should leave a message at 931-644-2554. 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.

### **Tele-Health Policy**

If your session is being conducted via telehealth please adhere to the following policies for the privacy of the client and benefit of the sessions. We want you to get the most out of your virtual sessions, here are some policies to adhere to ensure it is a helpful and safe session.

Please be in a safe and private environment. Public places, moving vehicles, or any other environment where your confidentiality or safety is at risk cannot be an environment in which sessions are conducted.

Please be appropriately dressed and have the camera set at an angle that is clear to the counselor. Please keep movement to a minimum during the session to ensure optimal focus of the session.

### **Cost of Services**

Empowered Counseling and Coaching's counseling fee is \$105 for virtual individuals and \$125 virtual couples/family sessions.

### **Re-Scheduling appointments & Cancellations**

If you must cancel or reschedule your appointment, please contact Empowered Counseling and Coaching 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 Empowered Counseling and Coaching to provide counseling services to me.**

**Client Printed Name:**

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**Client Signature:**

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**Haily Mooney, LMFT, M.S.**

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**Date:**

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**Date:**

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