

COUNSELING POLICIES

APPOINTMENTS

Appointments are scheduled directly with me. In general, appointments are scheduled weekly or bi-weekly, but are also offered on an “as-needed” basis.

If you must cancel an appointment, please do so at least a full 24 hours in advance of the session. Missed appointments or appointments cancelled with less than 24-hour notice will be charged at the usual fee (except in infrequent instances of illness, emergencies, or dangerous weather/driving conditions). You are asked to arrive promptly for your appointment. If you are late, the session will end at the scheduled time regardless of when they started, and will be charged the full usual fee. In the event that I miss a scheduled appointment without 24-hour prior notice to you (with the above noted exceptions) you will be provided with one free session.

CONTACTING ME

If you need to speak with me between your regularly scheduled appointments, please feel free to text, call, or leave a message on my confidential voicemail at 719.337.8396 or email be at gwen.westerlund@gmail.com. I will return texts, calls, or emails as soon as possible and certainly within 24 hours. My policy is not to engage in therapeutic counseling over the phone or via email, so please utilize these methods of contact for rescheduling appointments or passing on important and relevant information.

In order to protect your privacy, in the event that we meet inadvertently in public, I will not approach you or speak to you. If you wish to acknowledge our acquaintance and speak to me, it is your choice to do so.

It is my policy not to engage in social activities with, nor accept gifts from, my clients.

FEE INFORMATION

The basic fee for therapy is \$75 per 50-minute session. These fees for counseling are based on customary and reasonable fee profiles for this area.

Payment is expected at the time of service. I accept cash, check, and credit cards. Please make checks payable to *RCIS* or *Rosmarinus Counseling*. There is a standard \$25 fee for all checks returned for insufficient funds. If you should encounter financial difficulties during counseling, please discuss this with me promptly.

I do not accept private insurance assignments. However, if you will to file for reimbursement with your insurance provider, I will be happy to furnish you with a medical provider receipt for each session.

HIPAA PRIVACY ACT

Because I do not accept insurance, nor conduct any financial or administrative transactions electronically, I am not required to comply with the Health Insurance Portability Accountability Act (HIPAA) standards. However, in regard to client rights of confidentiality in counseling, the protections of the mental health statutes in Colorado exceed those of HIPAA. I am in compliance with the requirements of the mental health statutes and therefore also with the requirements of HIPAA.

FAITH, SPIRITUALITY & PRAYER

As holistic beings, all aspects—physical, mental, emotional, and spiritual—contribute to our overall experience of wholeness and wellness. With your permission, aspects of faith, spirituality, and prayer may be incorporated as part of the counseling process.

EMERGENCIES

I do not provide 24-hour emergency care or phone coverage. In case of emergency, call 911, contact the community health center for your county, or go to the nearest hospital emergency room.

El Paso County	888-557-4441	24-hour crisis line
Pikes Peak Mental Health	719-635-7000	24-hour crisis line

Rosmarinus Counseling Services, Inc.

REFERRALS

The work I do is highly based on word of mouth referrals. I am always thankful for and appreciative of all referrals from my clients. Please ask for business cards if you know of someone that you believe could benefit from my services.

If you decide at any time that my therapeutic techniques and style are not providing you with the desired benefit, please let me know and I will be happy to provide you with referrals to three other therapists as is the accepted and customary practice.

THEORETICAL ORIENTATION

My counseling orientation and the approach used is integrative, which enables me, as your therapist, to tailor therapeutic interventions to your particular needs. These may include:

- **Cognitive Behavioral Therapy (CBT)** interventions provide realistic procedures and methods to practice on a daily basis that help eliminate and prevent troublesome behaviors.
- **Experiential Techniques** engage the deeper emotions and help to circumnavigate too much cognitive involvement when one is “overthinking” an issue.
- **Solution-Focused, Brief Therapy** techniques help the client reengage as quickly as possible with life in a healthy and effective manner without the emotional disturbances that have caused discomfort.
- **Splankna Therapy**, a biblically-based protocol for Energy Psychology/Mind-Body work, is designed to help get to the origin of an emotional issue with the goal of rapidly desensitizing the emotional stress connected to a past event. It incorporates elements from several newly-emerging energy psychotherapy, coaching, and self-help techniques, specifically Neuro-Emotional Techniques (NET), Thought Field Therapy (TFT) and Eye Movement Desensitization and Reprocessing (EMDR). Basic biblical principles such as prayer, following the leading of the Holy Spirit, confession, repentance, and forgiveness are incorporated. The application of Splankna Therapy includes minor touch on the back of the wrist by the therapist. Although Energy Techniques like Splankna Therapy appear to have promising emotional, spiritual, and physical health benefits, they have yet to be fully researched by the Western academic, medical, and psychological communities, and therefore may be considered experimental. Because Energy Techniques are relatively new healing approaches, the extent of their effectiveness, as well as their risks and benefits are not fully known. If you ever have questions or concerns about the nature of the theories, methods, approaches, and/or techniques, please feel free to ask for further resources or references.

I acknowledge and agree to the policies of Romarinus Counseling Services.

Client Signature

Date

Client Signature

Date