

Declaration of Practice and Procedures:

Abbie McCall, M.A., LPC
Granberry Counseling Center
10560 Airline Hwy. Baton Rouge, LA 70816
11848 Hooper Rd. Baton Rouge, LA 70818
Phone: (225) 335-6445

Qualifications:

B.A. from Mississippi University for Women in Psychology
Master of Arts in Marriage and Family Counseling from New Orleans Baptist Theological Seminary

Provisionally Licensed Professional Counselor (LPC) #LPC 8648
Louisiana LPC Board of Examiners
11410 Lake Sherwood Ave. North Suite A
Baton Rouge, LA 70816
(225)-295-8444.

Counseling Relationship and Expectations: The vital part of the counseling relationship is trust between the client and the LPC. As the LPC, I would like to advocate, support, educate, and empower all members or individuals in the counseling session.

Areas of Focus: I focus on individuals and families across the lifespan experiencing mental health issues with an interest in trauma. I am trained in EMDR, Prepare and Enrich, Seeking Safety, CBT, TBRI, and trauma counseling.

Fees and Office Procedures: The fee for services is \$90 for a 60 minute session, but is adjustable based on client's income. Payment for services is due at the time of visit. Electronic checks, credit or debit cards are accepted forms of payment and can be made on-line at granberrycounseling.org. Please notify the LPC of the client's absence within at least 24 hours before the expected session

Services Offered and Clients Served: I approach counseling session with a person-centered and holistic approach. I strive to serve all clients, whether in a group, individual, or in a family setting to the best of my ability. I strive to provide hope for clients struggling with traumatic situations to empower them to overcome their struggles. I strive to provide a safe space for clients to explore emotional and interpersonal difficulties, empowerment, education, and support to the client to get them to the goal they wish to achieve.

Teletherapy: All teletherapy sessions will be conducted through Doxy.me which is encrypted to the federal standard. Counseling sessions will be scheduled in 60 minute increments, unless you and Abbie agree on a different time schedule. The next session will be scheduled at the end of the current session, unless otherwise agreed upon. The structure of sessions will be dependent on the treatment plan and interventions being used.

Ethical and Legal Rights Related to Teletherapy

Abbie will not be conducting Teletherapy in any other state than Louisiana unless she specifically seeks and obtains licensure in the other state. It is important for you, as a client, to realize if you should relocate to another state, Abbie's ability to continue to conduct teletherapy would be dependent on her decision whether or not to seek licensure in the state to which you are relocated.

Responsibilities of the client:

- Be appropriately dressed during sessions.
- Avoid using alcohol, drugs, or other mind-altering substances prior to session.
- Be located in a safe and private area appropriate for a teletherapy sessions.
- Make every attempt to be in a location with stable internet capability.

Clients should NOT:

- Record sessions unless first obtaining Abbie's permission.
- Have anyone else in the room unless you first discuss it with Abbi.
- Conduct other activities while in session (such as texting, driving, etc.).

* If the client is a minor, a parent or guardian must be present at the location/building of the teletherapy session (unless otherwise agreed upon with the therapist).

Potential Counseling Risks:

When using technology to communicate on any level, there are some important risk factors of which to be aware. It is possible that information might be intercepted, forwarded, stored, sent out, or even changed from its original state. It is also possible that the security of the device used may be compromised. Best practice efforts are made to protect the security and overall privacy of all electronic communications with you. However, complete security of this information is not possible. Using methods of electronic communication with us outside of our recommendations creates a reasonable possibility that a third party may be able to intercept that communication. It is your responsibility to review the privacy sections and agreement forms of any application and technology you use. Please remember that depending on the device being used, others within your circle (i.e. family, friends, employers, & co-workers) and those not in your circle (i.e. criminals, scam artists) may have access to your device. Reviewing the privacy sections for your devices is essential. Please contact me with any questions that you may have on privacy measures.

Responsibilities of the Client:

All clients should:

- Be appropriately dressed during sessions.
- Avoid using alcohol, drugs, or other mind-altering substances prior to session.
- Be located in a safe and private area appropriate for a teletherapy sessions.
- Make every attempt to be in a location with stable internet capability.

Clients should NOT:

- Record sessions unless first obtaining Abbie's permission.
 - Have anyone else in the room unless you first discuss it with Abbie.
 - Conduct other activities while in session (such as texting, driving, etc.).
- * If the client is a minor, a parent or guardian must be present at the location/building of the teletherapy session (unless otherwise agreed upon with the therapist).

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When using technology to communicate on any level, there are some important risk factors of which to be aware. It is possible that information might be intercepted, forwarded, stored, sent out, or even changed from its original state. It is also possible that the security of the device used may be compromised. Best practice efforts are made to protect the security and overall privacy of all electronic communications with you. However, complete security of this information is not possible. Using methods of electronic communication with us outside of our recommendations creates a reasonable possibility that a third party may be able to intercept that communication. It is your responsibility to review the privacy sections and agreement forms of any application and technology you use. Please remember that depending on the device being used, others within your circle (i.e. family, friends, employers, & co-workers) and those not in your circle (i.e. criminals, scam artists) may have access to your device. Reviewing the privacy sections for your devices is essential. Please contact me with any questions that you may have on privacy measures.

Potential Limitations of Teletherapy:

Teletherapy is an alternate form of counseling and should not be viewed as a substitution for taking medication that has previously been prescribed by a medical doctor. It has possible benefits and limitations. By signing this document, you agree that you understand that:

- Teletherapy may not be appropriate if you are having a crisis, acute psychosis, or suicidal/homicidal thoughts.
- Misunderstandings may occur due to a lack of visual and/or audio cues.
- Disruptions in the service and quality of the technology used may occur.
- While I do not file insurance claims, I can make an invoice available to you to file with your insurance company. Please check with them ahead of time to be sure your policy covers telemental health counseling.

Emergency Situations:

The following items are important and necessary for your safety. The clinician will need this information to get you help in case of an emergency. By signing this consent to treatment form you acknowledge that you have read, understand, and agree to the following:

- The client will inform Abbie of the physical location where he/she is, and will utilize consistently while participating in sessions and will inform Abbie if this location changes.
- In the first teletherapy session, you will provide the name of a person Abbie is allowed to contact in the case she believes you are at risk. You will be asked to sign a release of information for this contact.
- In the first teletherapy session, you will provide information about the make, model, color, and tag number of your automobile.
- In each session, you will provide information about the nearest emergency room or emergency services (such as fire station, police station, if there is not an emergency room nearby.)

- Depending on the assessment of risk and in the event of an emergency, you or Abbie may be required to verify that the emergency contact person is able and willing to go to the client's location and, if that person deems necessary, call 911 and/or transport the client to a hospital. In addition to this, Abbie may assess, and therefore require that you, the client create a safe environment at your location during the entire time of treatment. If an assessment is made for the need of a "safe environment" a plan for this safe environment will be developed at the time of need and made clear by Abbie.

- In the case of a need to speak to me between sessions, please call, or text, and leave a message. I do not provide emergency services on a 24-hour basis. If your emergency is after hours, please contact your nearest emergency room. Typically contact between sessions is limited to arranging for appointments.

If you are in need of the services of other professionals, I am happy to consult and coordinate with them. Clients should not routinely be meeting with more than one counselor, unless the two counselors have agreed to coordinate your care.

Back Up Plan in Case of Technology Failure:

A phone is the most reliable backup option in case of technological failure. It is, therefore, highly recommended that you always have a phone at your disposal and that I know your phone number. If disconnection from a video conference occurs, end the session and I will attempt to restart the session. If reconnection does not occur within five minutes, call me at the contact number I have provided. If, within 5 minutes, I do not hear from you, you agree (unless otherwise requested) that I can call the provided phone number.

Professional Code of Ethics: As a LPC, I am required by state law to adhere to the Code of Conduct for practice adopted by the Louisiana Professional Counselor Board of Examiners. Copies of the Code of Conduct are available and can be provided upon request. Should you wish to file a disciplinary complaint regarding my practice as a LPC, you may contact the Louisiana LPC Board of Examiners.

Confidentiality: Material revealed in counseling will remain strictly confidential except for material shared with my Board-Approved Supervisor and under the following circumstances, in accordance with State law:

1. The client signs a written release of information indicating informed consent of such release.
2. The client expresses intent to harm him/herself or someone else.
3. There is reasonable suspicion of abuse/neglect against a minor child, elderly person (60 or older), or dependent adult.
4. A court order is received directing the disclosure of information.
5. In the case of marriage or family counseling material may be shared with other members of the family or the spouse with permission from the client.

Privileged Communication: It is my policy to assert privileged communication on behalf of the client and the right to consult with the client if at all possible, except during an emergency, before mandated disclosure. I will endeavor to apprise clients of all mandated disclosures as conceivable.

Emergencies: The primary phone number to call is Granberry Counseling Center number which is (225)-335-6445. When I am unavailable to answer calls after normal office hours, you may leave a message on the answering machine, and I will return your call as soon as possible. In case of an immediate emergency please call 911 or go to the nearest hospital emergency room.

Client Responsibilities: As the client, you are a full partner in this counseling relationship. I expect you to be open with me as the LPC, therefore if you have any concerns or questions about how our counseling sessions are being performed, please inform me. If I determine that you would be better served by another mental health provider, I will help you with the referral process. I expect you to inform me if you are seeing another mental health care provider and allow me permission to share information with this individual on your behalf.

Physical Health: Physical health can be an important factor in the emotional well-being of an individual. If you have not had a physical examination in the last year, it is recommended that you do so. As a routine part of the initial session, you will be asked the name of your physician, and to list any medications that you are now taking. LPC should be informed of any future changes in medication as well.

Potential Risks of Counseling: While working together, other problems may arise that you were not necessarily aware of. If this occurs, please feel free to share your concerns with me.

I have read the Declaration of Practices and Procedures of Abbie McCall, M.A., LPC, and my signature below indicates my full informed consent to services provided by Abbie McCall, LPC. I am aware that Mrs. McCall may share information with Brooke Osborn for the sole purpose of supervision toward licensure and information shared in supervision may not be used for any other purposes. I am also aware that my sessions with Abbie McCall, M.A., LPC, may be audio or videotaped for the purpose of supervision.

Client Signature_____ Date_____

Printed Client Name_____ Date_____

Counselor Signature_____ Date_____

Printed Counselor Name_____ Date_____

For Minors only:

I, _____, give permission for Abbie McCall MA, LPC to

(Parent or Legal Guardian)

conduct counseling with my _____, _____.

(Relationship to Minor Client)

(Name of Minor Client)

Parent/Legal Guardian Signature_____ Date_____

Printed Parent/Legal Guardian Name_____ Date_____