

True Balance Counseling Collective, LLC
Vivian L. Morgan, MS, LCPC
Licensed Counselor for Children, Adolescents, and Families

Information and Consent for Treatment

I hold a Master's of Science in Clinical Psychology from Alabama A&M University (1988) and have taken additional coursework at Loyola University of Maryland, and Johns Hopkins University. I continue to take on-going trainings and workshops in expressive, mind-body, and cognitive therapies in order to provide a range of services to my clients.

I offer individual and family therapy for families and children utilizing a solution-focused and family systems orientation believing that the family is a great source of resources and understanding when solving problems. I have training in CBT (Cognitive Behavioral Therapy) and many years of experience working with children in schools with behavioral or inattentive/ADHD concerns. I take a creative and expressive approach (using art and sand tray therapies, along with mindfulness exercises, meditation, and yoga/qigong exercises) when working with children, teens, adults, and families knowing that help and relief can come from a variety of places.

For clients who experience trauma, I am a trauma informed and trained therapist and utilize mind-body techniques to address the emotional discomfort and triggers associated with traumatic memories. Emotional Freedom Technique is a mind-body technique that addresses the nervous system or energy system that is activated when distressed. This technique down-regulates the nervous system providing relieve from emotional and physiological distress.

Sessions are 50-60 minutes, and during that time we will focus on what you find helpful to process with me. Sometimes content can be difficult, and we will pace ourselves.

Therapy takes time and commitment. Be sure to schedule time to care for yourself after our sessions. We will progress at your pace. If for any reason either parties feels that we are not a good fit, we have permission to end the therapeutic relationship. At that time I can offer you several other therapists whom you may find a better fit for your care.

When it comes to working with children in school, I am able to coordinate care with schools that can offer additional supports to students who are emotionally vulnerable or who may have behavioral issues that need addressed at school. I have years of experience as a school counselor and can work with the school setting as a consultant to teachers and school counselors.

Confidentiality: Your information is considered privileged and private and will not be shared with others. If I bring your case up during peer supervision sessions I will not

reveal your name or identifying information. Email or text information will only relate to scheduling times or information regarding insurance submission. Email is not HIPAA compliant. If you do send me an email with personal information, I will not respond to it in efforts to maintain confidentiality.

Should one of the following circumstances occur, I am obliged by law to break confidentiality and request assistance:

- If you should threaten to harm yourself or someone else.
- If you are involved in legal action and the court has ordered your records.
- If you or your child states that they are being abused or neglected (verbally, physically, or sexually), or the suspicion of abuse arises.
- If the abuse of a vulnerable adult is revealed.

Children under the age of 12: Parents can request services for their children and information regarding their treatment is available to parents. Both parents, even if a child is from a divorced home, as long as they both have custodial rights, are requested to be informed of counseling. It is critical that parents both support the efforts of doing what is best for their child's well-being. I will not participate in custody evaluations and do not have the training required to do so.

Children over the age of 12: Children 12 years of age and older can request psychological and counseling services without the consent of an adult. I will keep their records confidential. They can make determinations as to who has privilege to this information. If parents are using insurance to cover the cost of therapy, they are required to sign consent. Parents do have access to treatment plans at my discretion. I encourage adolescents and parents to discuss treatment in a way that is supportive, not intrusive, and based on thoughtful intention. If a client between 12-18 (still living at home) should share that they are using drugs or substances or engaging in harmful behavior we will engage in a discussion as to how to share this with their parent. It is important to me that your child is safe. A child cannot refuse treatment if concerned adults think it is in their best interest.

Client-Therapist Relationship: The therapeutic relationship should feel safe and open. I encourage you to share your life stories and be open to looking at your world in a new way, and to incorporate new strategies in working through life's obstacles. I will ask you about your progress from time to time and will offer feedback on the process – I encourage you to do the same. It is important that we have an honest and helpful relationship.

Termination of Services: I have the right to terminate services at any time at my discretion. You also have this right. Reasons for termination may include, failure to pay for services in a timely manner, failure to comply with treatment strategies, conflicts of

interest, or if your needs are outside the scope of my competency. Typically, we will discuss these issues in therapy, and termination will occur as a natural result of you feeling more comfort in addressing your referring issues and feeling a sense of relief or accomplishment within our successful counseling relationship.

Cancellation of Appointments: My cancellation policy is that you are to notify me 24 hours before your scheduled appointment time. If you are not able to do so, you will be charged the full fee of the missed appointment. If you are using insurance, you will be responsible for the entire fee that is charged to your insurance company (typically \$101/103). I am using a program that sends reminders, however, you are responsible for taking care of this appointment in your own calendar.

Custody Evaluations and Court Orders: I am not a custody evaluator and am not trained in providing information regarding the assessment needed for those seeking custody arrangements for their child. In addition, if I am called as a witness or for expert testimony or receive a court order or subpoena for records, I will be billing the party who makes this petition at a fee of \$250 per hour, including those hours needed to prepare records and consult with a lawyer. Parents should be aware that according to HIPAA policy, both parents have access to their child's records (if child is under 12) unless these records should prove to be harmful to the child. If I am court ordered to share records I am expected to do so under my ethical standards of conduct.

Sharing Records: Your records will be kept in a safe place and will remain confidential per requirements of counselors in the state of MD. However, there are times when records are requested by you, or the legal system. In these cases I will bill the individual responsible for the petition of records the following fees:
My fees for copying and transferring records for subpoenas is a flat \$50 fee.
My fees for sharing records with schools for continuity of care is a flat \$25 fee.

Contact Information: You may contact me at 443-377-0546 and leave a message. If I do not pick-up and I will return your call as soon as possible. If you should see me in a public setting or in a social media setting, please don't be offended if I do not greet or pursue contact with you outside our therapeutic setting. I am being respectful of your privacy, and preserving the integrity of my practice. You may follow me professionally on Facebook at Vivian Morgan Family Counseling.

Cost of Sessions: I am an out-of-network provider, and in-network with BCBS/Carefirst. If you have out-of-network benefits, you may be able to meet a deductible and have your insurance company reimburse you for services. I offer to electronically submit the claim to your insurance company so that our fees are applied towards your plan or provide you with a Superbill (Receipt for Services) which provides

you with information your insurance company will need for reimbursement. ***Fees for service run \$175 for the Initial Evaluation and \$150 for individual or family sessions.*** I can also offer consultations to schools either at the school (observations, recommendations, and follow-up) or phone consults that address specific emotional and behavioral concerns. The fees for this service are \$150 per hour.

ProBono Counseling: I volunteer for the ProBono Counseling Project. If you are a referral from PBCP I ask that you give me 24 hours before cancelling your appointment, if you do not arrive for your appointment without notice (no-show) you will automatically be removed from my caseload and I will contact PBCP to let them know.

Emergency Situations: If you should experience an emergency where your emotional or physical health and safety are in question you should call 911 or go to your nearest hospital. I may not be available by phone. There are several suggested emergency contacts on my web page.

After reading these conditions for consent for treatment, please sign the Signature Form for Treatment provided to you.