

# Disclosure Statement and Consent for Counseling Services

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## Disclosure Statement

I am a licensed mental health counselor (LMHC #00004330) with a master's degree in Counseling and a doctorate degree in Mind-Body Medicine (Integrated Medicine and Health Science). I hold credentials as a clinical supervisor, national board-certified health & wellness coach, and mindfulness teacher. I have 25+ years of experience providing mental health counseling for individuals, families, and groups in various settings including university counseling services, hospital in-patient unit, and private practice.

My work with students is strength based, client centered, and collaborative. Counseling is a relational context that provides the safety and support needed for healing and personal growth; a shared experience with both counselor and counselee contributing to its effectiveness. I will non-judgmentally listen to you and support you as you move toward your desired goals.

I embrace a holistic view and consider the individual within a unique personal narrative, history, and integration of body, mind, spirit, social context, and culture. I draw from a variety of counseling modalities and endeavor to individualize my counseling approach to best fit your preference, needs, and goals. With this in mind I employ evidence-based counseling modalities including but not limited to cognitive-behavioral therapy (CBT), acceptance and commitment therapy (ACT), solution focused counseling, mindfulness and somatic experience approaches, and mind-body-medicine practices.

I invite you to ask questions and discuss with me your concerns and goals so that we can collaboratively construct a plan for achieving desired outcomes. Counselors have different styles and methods. If you feel my approach is not right for you, please share your concerns with me. You have the right to discontinue counseling at any time and choose a counselor that best meets your needs. I will endeavor to assist you with referrals to other resources.

## Benefits and Risks

Counseling offers a variety of potential benefits. For example, counseling can lead to increased self-awareness, better relationships, improved coping skills and personal resiliency, and resolution of painful or distressful life experiences. Counseling also carries potential risks, most notably the experience of uncomfortable emotions that may accompany a discussion of unpleasant aspects of your life (e.g., painful experiences, relationship struggles, or life challenges).

## About Counseling Services, Service Fees, and Eligibility

Students are allotted six (6) sessions per semester, for up to twelve (12) sessions per academic year. Counseling appointments are not guaranteed, and students may be recommended to pursue services outside of DigiPen. Reasons for this include but are not limited to your needs being beyond the scope of our services; you have reached the six-session limit for the semester; there are no open appointment times, or your schedule does not match times offered to you; we cannot provide for your needs or preferences; and other possible factors that will be discussed with you as relevant.

## Referrals

You have the right to end your counseling at any time. Please communicate to your counselor if you decide to discontinue counseling. You have the right to choose a counselor and treatment modality which best suits your needs. Should you require services that Counseling Services is unable to provide, you will be referred to another agency or treatment provider that can meet your needs. Examples of the kinds of services not offered by DP Counseling Services include treatment for severe psychological disorders, court-mandated treatment, psychological assessments, ADHD assessments and diagnosis, assessment/recommendation for service animal or emotional support animal.

## Cancellation Policy and “No-Shows.”

Please give us a call at least 24 hours prior to the scheduled appointment if you have to miss it. Should you miss an appointment without calling or emailing (“no-show”), the missed appointment will count towards the allotted number of counseling sessions for the current academic year. In addition, after two consecutive no shows, any future appointments you have may be reassigned to other students. If you are 15 minutes or more late to your appointment, your appointment will be considered missed, and will count towards the allotted number of counseling sessions.

## Email Communication

If you would like to communicate with us via email for scheduling purposes, we request your permission. Email is not a completely confidential form of communication, since the counseling center does not own the email service. We discourage the use of email for communicating sensitive personal matters. Any therapeutic issues should be discussed in person with your therapist.

Would you like to exchange emails with us for scheduling purposes?    Yes            No

Your DigiPen Email Address: \_\_\_\_\_

**Emergency Resources – DigiPen Counseling does not provide 24-hour response.**

**24-hour Crisis Resources:**

Suicide Prevention & Crisis Line: 988

King County Crisis Line: (866) 427-4747. (866-4CRISIS)

In a life-threatening emergency call 911 or to the nearest hospital emergency department.

## Your Privacy and Confidentiality

We observe confidentiality within the DigiPen Counseling Centers as required by RCW 18.19.180.

To provide effective services, your therapist may discuss your case with other professionals as-needed basis (please see RCW Chapter 70.02 for rules about this consultation).

The Counseling Center may also share information with members of the Student Affairs Department in order to prevent imminent danger to students or the community caused by high risk behavior.

However, no information about you is given to anyone outside of the Counseling Centers, including parents, partners, roommates, employers, faculty, or other DigiPen staff, unless:

1. I have your written permission.
2. I believe it is necessary to prevent clear and imminent danger to you or others.
3. You indicate that there is reasonable cause to believe that a child, dependent adult, or a vulnerable elderly person has been abused.
4. A court orders us to disclose confidential information about you. If this happens, I will first ask that the court drop their order. If they refuse to drop their order, I will disclose only the minimum amount of information I deem necessary to satisfy the court's order.
5. You waive the privilege by bringing charges against me or the Center.

If you have any questions about confidentiality, please talk to your counselor.

## Social Media Policy

Counseling professional ethics specifies that personal relationships with clients via social media (e.g., Facebook, Instagram, Pinterest, etc.) are prohibited, therefore I do not engage in social media with clients. (ACA Code of Ethics H.6.b)

## Records

A record of counseling services provided to you is maintained for five years. You may request to review your record, request a correction be placed in your record if you believe there is an error, and request a copy.

## Unprofessional Conduct (RCW18.130.180)

The following conduct, acts, or conditions constitute unprofessional conduct for any license holder under the jurisdiction of this chapter:

1. The commission of any act involving moral turpitude, dishonesty, or corruption relating to the practice of the person's profession, whether the act constitutes a crime or not. If the act constitutes a crime, conviction in a criminal proceeding is not a condition precedent to disciplinary action. Upon such a conviction, however, the judgment and sentence is conclusive evidence at the ensuing disciplinary hearing of the guilt of the license holder of the crime described in the

indictment or information, and of the person's violation of the statute on which it is based. For the purposes of this section, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for the conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;

2. Misrepresentation or concealment of a material fact in obtaining a license or in reinstatement thereof;
3. All advertising which is false, fraudulent, or misleading;
4. Incompetence, negligence, or malpractice which results in injury to a patient or which creates an unreasonable risk that a patient may be harmed. The use of a nontraditional treatment by itself shall not constitute unprofessional conduct, provided that it does not result in injury to a patient or create an unreasonable risk that a patient may be harmed;
5. Suspension, revocation, or restriction of the individual's license to practice any health care profession by competent authority in any state, federal, or foreign jurisdiction, a certified copy of the order, stipulation, or agreement being conclusive evidence of the revocation, suspension, or restriction;
6. Except when authorized by RCW 18.130.345, the possession, use, prescription for use, or distribution of controlled substances or legend drugs in any way other than for legitimate or therapeutic purposes, diversion of controlled substances or legend drugs, the violation of any drug law, or prescribing controlled substances for oneself;
7. Violation of any state or federal statute or administrative rule regulating the profession in question, including any statute or rule defining or establishing standards of patient care or professional conduct or practice;
8. Failure to cooperate with the disciplining authority by:
  - a. Not furnishing any papers, documents, records, or other items;
  - b. Not furnishing in writing a full and complete explanation covering the matter contained in the complaint filed with the disciplining authority;
  - c. Not responding to subpoenas issued by the disciplining authority, whether or not the recipient of the subpoena is the accused in the proceeding; or
  - d. Not providing reasonable and timely access for authorized representatives of the disciplining authority seeking to perform practice reviews at facilities utilized by the license holder;
9. Failure to comply with an order issued by the disciplining authority or a stipulation for informal disposition entered into with the disciplining authority;
10. Aiding or abetting an unlicensed person to practice when a license is required;
11. Violations of rules established by any health agency;
12. Practice beyond the scope of practice as defined by law or rule;
13. Misrepresentation or fraud in any aspect of the conduct of the business or profession;

14. Failure to adequately supervise auxiliary staff to the extent that the consumer's health or safety is at risk;
15. Engaging in a profession involving contact with the public while suffering from a contagious or infectious disease involving serious risk to public health;
16. Promotion for personal gain of any unnecessary or inefficacious drug, device, treatment, procedure, or service;
17. Conviction of any gross misdemeanor or felony relating to the practice of the person's profession. For the purposes of this subsection, conviction includes all instances in which a plea of guilty or nolo contendere is the basis for conviction and all proceedings in which the sentence has been deferred or suspended. Nothing in this section abrogates rights guaranteed under chapter 9.96A RCW;
18. The procuring, or aiding or abetting in procuring, a criminal abortion;
19. The offering, undertaking, or agreeing to cure or treat disease by a secret method, procedure, treatment, or medicine, or the treating, operating, or prescribing for any health condition by a method, means, or procedure which the licensee refuses to divulge upon demand of the disciplining authority;
20. The willful betrayal of a practitioner-patient privilege as recognized by law;
21. Violation of chapter 19.68 RCW;
22. Interference with an investigation or disciplinary proceeding by willful misrepresentation of facts before the disciplining authority or its authorized representative, or by the use of threats or harassment against any patient or witness to prevent them from providing evidence in a disciplinary proceeding or any other legal action, or by the use of financial inducements to any patient or witness to prevent or attempt to prevent him or her from providing evidence in a disciplinary proceeding;
23. Current misuse of:
  - a. Alcohol;
  - b. Controlled substances; or
  - c. Legend drugs;
24. Abuse of a client or patient or sexual contact with a client or patient;
25. Acceptance of more than a nominal gratuity, hospitality, or subsidy offered by a representative or vendor of medical or health-related products or services intended for patients, in contemplation of a sale or for use in research publishable in professional journals, where a conflict of interest is presented, as defined by rules of the disciplining authority, in consultation with the department, based on recognized professional ethical standards.

The purpose of the law regulating counselors is: (A) to provide protection for public health and safety; and (B) to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct”

If you want more information about the law regulating counselors or want to file a complaint, please write to: Department of Health, Health Professions Quality Assurance, Counselor Section, PO Box 47869, Olympia, Washington, 98504-7857 or call (360) 236-4700.

## Treatment Consent

The counselor has provided me, the client, with a copy of this required disclosure information. I have asked any questions that I had about this statement. I consent to counseling services under the terms described above with the counselor. By signing below, I acknowledge that I have read and understand the information.

Client's Name: \_\_\_\_\_

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_