

## **Professional Disclosure Statement**

I welcome you as a new client, and I look forward to working with you! The purpose of this form is to let you know about my approach to counseling, what you can expect from the counseling process as well as giving you information on my background. This form will also give you an opportunity to give consent for counseling. I ask that you read, complete and sign this information in order to indicate your understanding of my policy and procedures and your willingness to abide by these principles.

### **Counseling Services**

In my view, the relationship of feelings and thoughts to beliefs is crucial to understanding what drives behavior. From a very early age developmentally, certain core beliefs about self, God and others are formed and greatly impact our life's trajectory. They are instrumental in the ways in which we view relationships and how we learn to label our internal world. They also determine how we learn to think, love and behave the way we do.

My approach to the counseling process is this: we are wounded in relationship and we're healed in relationship. My hope is that I might be a conduit of hope and healing as I walk along side you throughout this process. I take an integrative approach to therapy and use several treatment modalities, which are empirically validated to be effective. These include but are not limited to Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Attachment Theory, Gestalt Therapy and Mindfulness Therapy. Attachment Theory is a theory of relationships and provides a framework to understand how internal working models of self, God and the world around us have impacted our life trajectory. It also provides a lens through which we can more fully understand our woundedness.

We will accomplish this process through lectures, teaching, practical exercises, video clips, reading and handouts. We will explore specific topics such as your life history, needs, flesh, concept of God, beliefs, identity in Christ, surrender/brokenness, forgiveness, and setting the mind.

Facing our struggles and confronting our issues can be painful at times. My commitment to you is to pray for you and to walk along side of you in whatever it is God is up to in your life. You have the right to ask me about alternative treatments for your condition and their risks and benefits. If you could benefit from any treatments I cannot provide, I have an ethical obligation to refer you to someone who can help you. If at any time you wish another professional's opinion and wish to consult with another therapist, I will assist you in finding someone qualified and provide he/she with the essential information needed for your care.

### **Confidentiality**

Everything you share with me will be kept confidential, except matters pertaining to (1) suicide and harm to another person, (2) physical/sexual abuse or neglect of minors, persons with disabilities, and the elderly, (3) to legal activity resulting in a court order, and (4) to anything else required by law. For those matters, legally and ethically I would have to break

confidentiality and involve others. Of course I would be willing to share information with any other professional or agency that you wish, provided you sign a release of Information form.

### **Fees and Payments**

As far as fees are concerned I charge \$110.00 per hour. Missed appointments without 24-hour notice will have to be paid for, except for genuine emergencies. If you need to contact me, you may do so by phone at (703) 898-1778. I am not available after 9 pm. If I am unavailable, you may leave a message and I will return your call promptly.

### **Privacy**

I offer face to face counseling, Internet counseling through my Virtual Online Counseling Center (VOCC), phone counseling and messaging. Here are some guidelines you need to be aware of:

- ! I will be available by cell in case of emergency. If I am out of town, or you are unable to reach me, I will provide you with the name of another therapist who will take emergency calls. If you are in an emergency situation please call 911 or a suicide hotline. Please initial here to agree \_\_\_\_\_.
- ! I will only use my cell to talk with you about appointment dates and times. My cell is password protected but to insure your privacy I would ask cell phones only be used to discuss appointments. If you agree to use our cell phones, please begin your text to me with the letter "R" so that I can be assured it is you. Please initial here to agree \_\_\_\_\_.
- ! If you would like to email me at any time regarding your situation you will need to know that while my computer is password protected I cannot guarantee total privacy. If you want to be able to communicate via email and waive secure contact please initial in this space \_\_\_\_\_.
- ! If you want to do distance coaching and only want to use Skype, you must be aware that Skype is not HIPPA compliant. I offer a secure server on my website through Adobe Connect. If you would prefer Skype and don't want to learn about Adobe, please initial here to waive your right to additional privacy\_\_\_\_\_.
- ! If you decide you want to do phone counseling you must understand it is not totally protected with regard to your privacy. Please initial here that you understand and want to waive that right \_\_\_\_\_.

### **My Background**

As for my background, I received my Bachelor of Science Degree in Psychology and my Master's Degree in Counseling, both from Liberty University. I am a Nationally Board Certified

Counselor and I hold a license to practice professional counseling in the state of Virginia. It may be necessary for me to consult with a professional colleague regarding your case if I feel it is in your best interests and I will ask you to sign this form as a release allowing me to do so.

In addition to my private counseling practice I have written a book on the losses of life entitled *Shattered: Finding Hope and Healing through the losses of life* released by Leafwood Publishers and *Imposter: Gain Confidence, Eradicate Shame, and Become who God made you to be*, with Charisma Media. I also host a radio show called Heartline Radio where I talk about cutting edge issues affecting the hearts and lives of all of us out there with some of the leading counselors and writers in the country. My website <http://www.ritaschulte.com> has plenty of free helps that I hope you'll take advantage of.

This counseling process will be a collaborative effort. I am not the expert on your life, you are, and I welcome your input. I hope you will find this counseling experience to be successful.

Rita A. Schulte, MA. LPC, NCC

I have read and understand the above information. I agree to comply with the above-mentioned terms and conditions which have provided a broad overview of the counseling process.

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Signature

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Date