

Confidentiality

We recognize the personal nature of information disclosed in therapy and respect the confidentiality of every client. The information from therapy sessions will remain confidential with your therapist with the exceptions outlined below. By State law and therapists' professional codes of ethics, confidentiality does not apply and may be breached if any of the following conditions are met:

- If a therapist believes the client may be a danger to himself or others,
- If a therapist believes a child, elderly, or disabled person may be subject to abuse or neglect, or
- If a court order exists that information regarding the therapy process be provided.

Should any of the above situations occur, your therapist will inform you of his or her legal and ethical responsibilities and actions.

Additionally, your therapist may be working toward clinical licensure and may require you to sign a Release for Supervision to allow the therapist to discuss your case with his or her supervisor.

Information about your case and treatment may be released to a third party only with your permission and after you have signed a Release of Information. If you are involved in couple or family therapy, all persons over the age of 13 who have participated in therapy must sign a Release of Information before records are released.

There may be other ways we use your protected health information and you will be provided with a Notice of Privacy Practices when you enter therapy.

Technology Policies

It is the policy of Real Life Counseling Clinicians to use electronic communication for discussing appointment times or other brief items of business only. These forms of communication including text messages, e-mail, telephone or other electronic media should not be used regularly to discuss therapeutic issues at length.

Also know that when you e-mail or text your therapist, you are doing so across a non-secure connection. These communications are not encrypted and may be accessed by third parties. You may choose whether you use these forms of communication with your therapist. Please discuss concerns directly with your therapist.

Contact Us

Real Life Counseling
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Wichita, KS 67207-2424
Phone: (316) 425-7774
Fax: (316) 425-7779

For Emergency situations, please call
911 or the National Suicide Prevention
Lifeline at
1-800-273-8255



CLIENT INFORMATION

Welcome

Welcome to therapy at Real Life Counseling. We are honored to be able to serve you and we hope you'll benefit greatly from the services you receive. This brochure will introduce you to therapy with us. If you have questions, please feel free to ask.

Staff

All therapists at Real Life Counseling are Masters Level Clinicians who meet and maintain requirements for licensure in the State of Kansas.

Appointments

Appointments are usually scheduled for 50 minutes, and can be scheduled directly with your therapist. In order to avoid paying a cancellation fee, please give 24 hours notice when canceling or rescheduling appointments.

Fees

Fees for therapy vary by provider. Fees are due at each session and are payable directly to your therapist. Fees may be paid by cash (with exact change), checks or major credit cards.

Insurance

Many health insurance plans will reimburse your Provider for therapy services. Please check directly with your insurance plan to see if you have benefits for outpatient mental health with your specific therapist. If you have questions about your insurance plan, you may also contact us and we would be glad to help.

Cancellation Fees

If you need to cancel or change an appointment, please let your therapist know 24 hours in advance. If you do not attend a scheduled session and you do not call to let your therapist know 24 hours in advance, you may be responsible for a late cancellation fee.

Other Fees

Please also know there may be fees incurred for other services, such as appearing in court or providing documentation for court-related matters. Your therapist will discuss these charges with you if applicable.

Benefits and Risks

Therapy can lead to improvement of your ability to cope with stress and difficulty in your relationships. It may also lead to greater understanding of personal and family goals and values. We hope the insight and perspective you gain in therapy leads to yours and your loved ones' growth and satisfaction.

Therapy may also be challenging and uncomfortable at times. Certain issues may be difficult to address, and as you progress, you may encounter changes you had not originally intended.

Your therapist will discuss with you benefits and risks in your particular situation. We encourage you to discuss with your therapist any concerns you have as therapy progresses.

Client Rights

You have the following rights as a client:

- the right to ask questions about therapy
- the right to choose your provider
- the right to quit therapy at any time without any moral, legal, or financial obligations (other than those already incurred)
- the right to know the Code of Ethics followed by your therapist
- the right to set therapeutic goals and to renegotiate them when necessary
- the right to be fully informed of the limits of confidentiality in the therapy setting
- the right to be fully informed about fees and financial policies of your provider