

# New Client Overview: Minors

## **What “counseling” is:** *(what we do in here)*

- We start with the reasons why you came in to see me today.
- We talk about what you would like to change about these issues. (Your Goals)
- I will give you my recommendations as to how best to accomplish this.
  
- **Limits of Confidentiality:** What we talk about in here stays in here except if, in my professional judgment, you are at risk of harming yourself or someone else. See “Adolescent Consent Form”
  - Parents: It is important for me to be able to communicate with you & at the same time build trust with your student. Here are the options on how to do that:
    1. Join any session – so your student hears what is said.
    2. Set up a separate session to meet with out your student (if they know about it).
    3. Call for a brief phone conversation.  
*(Not breaking confidentiality & not exceeding 10mins. If there is more- let’s set up a session.)*
    4. Leave me a voicemail (I will not respond but will let your student know you called to update me.)  
*\*if your student says I told them something you disagree with - please talk with me about it.*
  
- **There are limits to what I can and will help with in this office.** This setting is more like a visit to a Dr.’s office than going to the ER. I am not available 24/7 & am not primarily a crisis counselor. If a crisis arises we will work to contain it and refer you to the appropriate setting and treatment. It is outside the scope of my professional practice to be involved in legal proceedings in any capacity. If that becomes necessary I can refer you to someone who specializes in that.
- **I am a mandated reporter.** If I hear of abuse/neglect or criminal behavior against a minor - I am required to call the state. I will try to contact you before I do so.

## **The business side:**

**Cost: \$130 for 55 min session** (Initial visit is \$165)- This gets you an agreed upon block of my time & I try very hard to start and end on time (even if you are late!) Typically we reserve that last 5 mins for payment and scheduling. Payment is expected at the time of service & I accept Cash or Check only. Staying current with fees is necessary for an ongoing therapeutic relationship. If payment becomes an issue it is grounds for termination/ referral. Using insurance often changes the fees based on the code used for a given session. You may want to check with your insurance company for details.

**Please make checks payable to Troy McLennan LCSW\***

\*Each therapist at Compass essentially runs their own private practice. We share facilities and some clinical support/ consultation in order to offer our clients the best possible therapeutic experience.

## • **Cancellation process and Fee:**

You can cancel or change an appointment for any reason as long as you give me **24hrs notice\***

*(\*Unless there is an urgent personal issue – including the Flu.)*

Otherwise, I will charge you a **\$75** missed appointment fee.

Insurance typically will not cover a missed appointment or phone session

## • **Starting and Finishing Well:**

Engaging in therapy is not always an easy or comfortable process. Remember you will get out of this what you put into it. There is no contract on the number of sessions and either party can “terminate” therapy for any reason at any time. I will do my best to provide you with appropriate referrals if necessary. I do request that when you are ready to be done with therapy that you will come in for one final session to review what you have learned & finish well.

Client: \_\_\_\_\_ Date \_\_\_\_\_

Parent: \_\_\_\_\_ Date \_\_\_\_\_