

**UNIVERSITY OF WASHINGTON BOTHELL
COUNSELING SERVICES**

INFORMED CONSENT FOR PERSONAL COUNSELING

WHAT IS PERSONAL COUNSELING AT UWB?

Personal counseling at UWB involves meeting with a licensed mental health professional to discuss emotional, behavioral, cognitive, or relationship problems you may be experiencing, especially those that are interfering with your academic progress. Some examples include: stress, relationship issues, anxiety, depression, grief and loss, academic concerns, substance abuse, domestic violence, and adjustment issues. Counseling may be right for you if:

- You have personal problems that are interfering with your academic progress, or
- You are distressed about your personal problems and you are having difficulty managing them on your own.

Counseling at UWB focuses on assisting the student in developing insights as well as coping skills to address current concerns. The counselor is specifically trained to listen and help students identify and explore alternatives consistent with their personal values. The counseling approach used is primarily cognitive-behavioral and solution-focused.

WHAT HAPPENS FIRST?

Call or email the Counseling Services appointment desk at (425) 352-3183 or vgroesbeck@uwb.edu. You will be scheduled to see the counselor and will be asked to complete an **Intake** form and to read and sign the **Informed Consent** and **Notice of Privacy Practices** forms. During your first session, you will be asked about your present concerns, life situation, and history. If you have any questions about the forms or the counseling process, you are encouraged to discuss this with your counselor. Follow-up appointments may be scheduled unless the counselor believes you would be better served by another service or program in the community.

LIMITS OF SERVICES

Counseling services are by appointment during regular office hours. On-call or after-hours services are not provided. Contact the King County Crisis Clinic at (206) 461-3222 for urgent or after-hours care. Students must be currently enrolled to receive counseling services. A maximum of six sessions are available to each student per academic year.

COST AND LENGTH OF COUNSELING

There is no charge for counseling, however, students must be registered for classes at UWB during the quarters they are seen for counseling. There is a six-session limit per academic year, which includes the initial intake appointment. Each session lasts 50 minutes. If additional counseling is needed beyond those available at UWB, the counselor will assist you in identifying resources in the community.

IS EVERYTHING CONFIDENTIAL?

No record is made on your academic transcript indicating that you have participated in counseling at UWB. Information is kept confidential except when the counselor is compelled to release information as mandated by Washington State Law.

Circumstances that would require a counselor to release confidential information include:

1. The written consent of the student, or in the case of death or disability, the person's personal representative, other person authorized to sue, or the beneficiary of an insurance policy on the person's life, health, or physical condition.
2. Disclosure of information regarding potential harm to the student or others.
3. The counselor has reasonable cause to believe that a child, adult dependent, or a developmentally disabled person has suffered abuse or neglect.
4. In response to a subpoena from a court of law, only records related to a complaint or report under Chapter 18.130 RCW.
5. If the student waives the privilege by bringing charges against the counselor.
6. Review of the file by the counselor's supervisor.
7. If the student is a minor, and the information acquired by the counselor indicates that the student was the victim or subject of a crime, the counselor may testify upon any examination, trial, or other proceedings in which the commission of the crime is the subject of the inquiry.

All students receiving counseling services have certain rights and responsibilities in addition to the right of confidentiality (within the above guidelines). These include:

- The right to ask questions about anything related to your counseling and to expect an honest discussion of your concerns.
- The right to refuse a particular treatment method and/or the right to refuse counseling.
- The right to request a referral to another counseling/other treatment resource.
- The right to be respected as a human being.
- The responsibility to take an active role in the counseling process.
- The responsibility to keep appointments punctually and regularly.

CANCELLATION POLICY

When a personal counseling appointment is made, that time is reserved specifically for you. Please contact the Counseling Services appointment desk at least 24 hours in advance if you need to change or cancel your appointment (Phone: 425.352.3183; Email: vgroesbeck@uwb.edu).

If you do not show up for a scheduled appointment, or cancel fewer than 24 hours in advance of the appointment, UWB Counseling Services reserves the right to count the missed appointment as one session (towards the six session limit).

COUNSELOR CREDENTIALING ACT

The Washington State Department of Health requires counselors to provide information to their clients on the Counselor Credentialing Act. The purpose of this act is "to provide

protection for public health and safety and to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.” Detailed information on RCW 18.130.180 can be found at: <http://apps.leg.wa.gov/RCW/default.aspx?cite=18.130.180> .

A handout describing the Counselor Credentialing Act will be provided to you upon request.

If you have concerns about the counselor you are seeing, you are encouraged to contact Dr. David Bush, Assistant Director of Student Affairs at (425) 352-5308. Complaints regarding unprofessional conduct can also be made with the Washington State Department of Health at: Department of Health; Health Professions Quality Assurance Division, P.O. Box 47869, Olympia, WA 98504-7869. Phone: (360) 236-4700.

COUNSELOR BACKGROUND

Leah Bridger, MA, LMFT, Counselor for University of Washington Bothell students, is a Licensed Marriage and Family Therapist in Washington State (#LF00000950).

Leah Bridger received her Master of Arts Degree from the California Family Study Center in 1981 and became licensed in the state of California as a Marriage and Family therapist in 1982. She relocated to the state of Washington in 1992, at which time she received her Washington State License as a Marriage and Family Therapist.

Leah has over twenty years of experience in the mental health field including: counseling children, adolescents, families, and adults; mental health program management; providing clinical supervision to graduate students and interns; teaching psychology courses; and conducting work-life trainings.

Leah uses cognitive-behavioral and solution-focused approaches to counseling. Her areas of expertise include: anxiety, depression, grief and loss, adjustment issues, academic concerns, stress management, and post-traumatic issues.

I have read and understand my rights and responsibilities as a student who is receiving counseling services at the University of Washington Bothell. I am in receipt of a copy of this informed consent.

Student Signature

Date

Student Name (Print)

Counselor's Signature

Date

Counselor Name (Print)