

# Lindsay-Blair Simmons, LMFT

## Practice Policies

### Counselor Information

**Counselor Name:** Lindsay-Blair Simmons, LMFT

**Contact:** 615.260.4431 or lindsayblairsimmons@gmail.com

**Credentials:** Licensed Marriage and Family Therapist (SC and TN). Master of Marriage and Family Therapy from Trevecca Nazarene University, BA from University of Virginia.

**License #:** South Carolina #4523; Tennessee #805

### Professional Services

Appointments for counseling are available on weekdays from 8:30am – 5:00pm EST. This includes some evening and weekend availability. In case of an emergency, please dial 911 or go to your local hospital emergency room.

### Fee Policy

Fees for counseling services are as follows:

55-minute session: \$100.00

75-minute session: \$135.00

90-minute session: \$155.00

\*All EMDR therapy sessions are 75-90 minutes in length.

I accept CASH or CHECKS. Checks should be made out to "LB Simmons, LMFT". No insurance plans are accepted; however, clients will be provided with a clinical receipt following each session should they choose to seek reimbursement from an insurance provider. As of January 2015, I accept payment via credit card, debit card, or the "Cash" app; there will be a 3% surcharge for using such services added to the cost of the session.

A session is typically based on a 55-minute hour. However, when working with couples or families, the session may exceed this time. Unless the time is excessive, the rate will still be based on the regular hourly fee. Cancellations should be made 24 hours in advance; without the requested notice, the client is responsible for the full session fee.

\*\*Other services such as court appearances, inpatient visits, or significant telephone counseling are subject to additional fees.

### Dual Relationships

For the purposes of professionalism and relational clarity, it is the policy of this practice to not accept gifts of any kind from the client. As a matter of policy, if counselor and client see each other in a public setting, counselor will not acknowledge the client unless the client first does so. Client is solely responsible for all public interactions with the counselor and others in the public setting.

### Colleague Consultation

In order to provide quality care, counselors often consult with other counseling professionals. When this occurs, every effort will be made to protect the identity of the client.

### Confidentiality

Professional ethics and South Carolina state law indicate that confidential information is controlled by the client. This means that as a general rule, information shared in sessions with a counselor will be held in confidence. However, there are limits to confidentiality. They are as follows:

1. Confidentiality is waived when a client is a danger to self or others.
2. Confidentiality is waived when a client is engaging in or is aware of abuse or neglect of minors. South Carolina law requires that child abuse in any form be reported to the correct authorities.
3. Confidentiality is waived if a lawsuit is brought against the counselor.
4. Confidentiality is waived when requested information is court ordered and signed by a judge.
5. Confidentiality is limited if counselor must engage collection agencies for the purpose of receiving payment for services rendered.
6. Confidentiality is limited for purposes of professional consultation between counselor and other practicing therapists.

\_\_\_\_\_ **By initial, client agrees that full disclosure has occurred regarding the limits of confidentiality and agrees to the limits as listed.**

**Email & Text Messaging Confidentiality**

It is my normal practice to occasionally email or text message my clients regarding scheduling appointments or for other reasons. When communicating via email or text, it is important to remember that confidentiality is limited. By signing below, you are agreeing to the limitations of confidentiality and agree that you are responsible for keeping your email account and text messages private to the extent that you desire for them to be private.

**Benefits and Risks of Counseling**

**Benefits:** While there are no guarantees, this process should assist the client in emotional and mental growth, as well as general improvement of life challenges. While it is possible to improve personal issues without assistance, research has shown that individuals who participate in professional counseling sessions tend to improve more dramatically and more permanently.

**Risks:** Participation in therapy sessions may include risks such as increased relational challenges, increased self-awareness that may be difficult or upsetting, or an initial decline in quality of life before eventual improvement. Risks related to most mainstream therapeutic methodologies are deemed to be minimal but may include an initial increase in anxiety and thought processes, as well as the potential of general life disorganization as the client works to address life issues.

Persons contemplating counseling should realize that they may experience significant changes in their lives. People often modify their emotions, attitudes, and behaviors. They may also make changes in their marriages or significant relationships such as parents, friends, children, relatives etc. While the therapist will assist the client in enacting change, she cannot guarantee a specific outcome. Clients are ultimately responsible for their own growth.

**Do you have any questions about fees, confidentiality, or other matters?      Yes \_\_\_ No \_\_\_**

**Do you agree with the conditions and provisions of these Practice Policies?      Yes \_\_\_ No \_\_\_**

**Client's Signature \_\_\_\_\_**

**Date \_\_\_\_\_**

**Parent/Guardian's Signature \_\_\_\_\_  
(If client is a Minor)**

**Date \_\_\_\_\_**

***I have discussed and explained the above information with the client.***

**Counselor's Signature \_\_\_\_\_**

**Date \_\_\_\_\_**