

Welcome to Counseling

I am pleased that you have taken this step in seeking out counseling. I hope that you will find this a good experience as you learn more about making healthy life choices and change. Some things that you may expect during your time with me:

Confidentiality – All records maintained through this office are protected by federal laws and regulations. All information disclosed within sessions is confidential and may not be disclosed to anyone without your written permission. There are however exceptions to confidentiality which are:

1. When there is risk of imminent danger to self or others
2. When there is suspicion of child or elderly abuse
3. When a valid court order is issued
4. When you give written consent to release information
5. When disclosure is made in a medical emergency

Also in keeping with your confidentiality in the event we see each other outside of the office in a public arena I will not approach or acknowledge you, however it is your choice to approach me first and I will be happy to acknowledge you!!

Services – I provide individual, couple, family, and group therapy as well as EMDR. I also provide substance abuse and mental health evaluations. The length of time that you spend with me varies depending on the particular problems that you are experiencing. There are many different methods I may use to work with the problems that you will be addressing. As part of my license I also keep up with new techniques and methods through continuing education. Therapy calls for an active effort on your part. In order for therapy to be most successful, you will have to work on things we talk about both during sessions and at home.

Therapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings. Making changes in your beliefs or behaviors can be scary, and sometimes disruptive to the relationships you already have. Some couples may decide to end a relationship after exploring what each person wants and needs. On the other hand therapy has many benefits and can lead to better relationships, solutions to specific problems, and significant reductions in feelings of distress, but there are no guarantees of what you will experience. It is encouraged that any feelings, thoughts or questions be discussed with your therapist.

One of the most important keys in therapy is the relationship between you, the client, and the therapist. If at any point in therapy you feel that your needs and/or expectations are not being met do not be afraid to speak up. . If adjustments cannot be made, or if the relationship is not a good fit then a referral will be given.

write letters for the courts regarding your attendance to counseling, but it is limited to that.

Record Keeping – All records are stored safely with attention to your privacy. Records are kept for seven years after time of service. If for any reason I am unable to manage your records they will be placed in the custody of Leigh Church, CPC at (775) 322-6604. Your records include forms that you have signed, identifying information, dates of sessions, an initial assessment, treatment plan, brief notes regarding progress, and copies of any correspondence. You may choose to give written permission to release information in your record. Any request for release of the information in your records will need a request in writing with signature. If you wish to read your records please discuss for a session to be set up with your therapist. If it is determined that reading your records is likely to endanger the safety of yourself or another person your request may be denied.

Social Media - Due to privacy and confidentiality I am unable to accept any friend request on any type of social media. I do have a facebook account under Lynda Harper Counseling that you are welcome to follow.

Ending Therapy – Ending therapy is usually agreed upon mutually. You are free to end counseling at any time. Your therapist may end your counseling even though you wish to continue, if the therapist believes you need services which are outside scope of practice, if there has been prolonged failure to make progress in your work together, or the therapist believes there is a threat to the safety of self, or others. Should any of these occur, you will be given an explanation and referred to the appropriate resources.

I hope that this is an enjoyable and beneficial experience!

Lynda Harper MS, MFT, LCADC

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