

## Hope for Shattered Hearts Pastoral Counseling

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### INFORMED CONSENT AND AUTHORIZATION

#### PLEASE READ THE FOLLOWING REGARDING PASTORAL COUNSELING POLICIES AND SIGN BELOW:

1. **Confidentiality:** All communication between pastoral counselor and client is held in strictest confidence unless:
  - A. The client authorizes release of information with a signature and waives this privilege.
  - B. The pastoral counselor is ordered by a court to release information.
  - C. Dependent abuse/neglect is suspected or revealed.
  - D. The client appears to pose a direct threat to his/her or someone else's life (ex. actively suicidal or homicidal).
  - E. USA Freedom Act

**Note:** Please note that it may take me 24-48 hours to return your call. Individuals using technological resources (email, text, fax, etc.) need to understand that cell phone, email and fax communication are not guaranteed confidential methods of communication. *When any of these are used, the client is, by choice, relinquishing their rights to confidentiality.*

2. **Regarding children:** I do not offer face-to-face video to anyone under the age of 25.
3. **Court testimony:** I am not trained in matters that involve the legal system. *I will not testify in cases of divorce, custody, or mediation.*
4. **Ministry consultation:** I occasionally consult with colleagues, in order to provide clients with the best possible care; in these situations, I do not disclose client names or other identifying information.
5. **Digital Policy:** Individuals may contact pastoral counselor using technological resources. In doing so, they agree to the understanding that any face-to-face video, phone calls, text messages, email, and fax communications are not guaranteed confidential methods of communication. When any of these are used, the client is, by choice, relinquishing their rights to confidentiality. Please be mindful that should you send an email to your pastoral counselor, we will review your email at the beginning of the next session. Texting is allowed for scheduling or rescheduling appointments. No other dialogue will be shared via text.
6. **Pastoral Counseling Protocol:** I expect and encourage you to obtain knowledge of the procedures, goals, and possible side effects of pastoral counseling. I will try to make our professional relationship one where you will receive the maximum benefit. I will also keep you informed about alternatives to face-to-face video. Pastoral counseling may be tremendously beneficial for some individuals. At the same time, there are no guarantees and there are some risks. These risks may include recalling unpleasant events, facing unpleasant thoughts or beliefs, increased awareness of feelings and/or alteration of your ability or desire to deal effectively with others in a relationship. In pastoral counseling, major life decisions are sometimes made. As your

pastoral counselor, I will be available to discuss any of your assumptions, problems or possible negative side effects of our work together.

- 7. **Termination of Pastoral Counseling:** Termination of pastoral counseling may occur at any time and may be initiated by you, the client, or by me, the pastoral counselor. In either event, a final termination session is strongly recommended to explore the termination process itself. This can provide a constructive and useful conclusion to treatment. Referrals or other suggestions will be offered at that time.
  
- 8. **Hope for Shattered Hearts (HFSH)** is the name for the Pastoral Counseling of Patricia J. Whalen (not a licensed therapist) Patricia Whalen abides by the American Association of Christian Counselors (AACC) Code of Ethics. Patricia Whalen has an MA in Professional Counseling and a BA in Christian Counseling, both from Liberty University. Patricia Whalen is a graduate of the Elijah House School of Prayer Ministry, also uses the Share Immanuel model of ministry, and has over 10 years of experience as an approved pastoral counselor. Patricia Whalen encourages you to discuss any concern you may have about your care, or any other issue relevant to the services provided, as soon as you become aware of it. HFSH collaborates with Pureheart Ministries/Tim Davis in helping individuals find freedom from the pain and bondage caused by sexual addiction and or abuse.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO ASK.

I have read and understand the conditions as stated above. By signing below, I authorize my pastoral counselor to begin my ministry sessions.

Please provide a person to contact in case of emergency and a contact number here:

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

(electronic signature is accepted)

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

Pastoral Counselor Electronic Signature: Patricia J Whalen Date: \_\_\_\_\_