

JANET NICHOLAS, MA LPC LCDC
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DISCLOSURE AND CONSENT STATEMENT FOR EQUINE ASSISTED PSYCHOTHERAPY

This will serve as an introduction and address some of the questions you may have about my training and approach.

My name is Janet Nicholas. I am a licensed professional counselor, licensed chemical dependency counselor and EAGALA certified. I graduated from Sam Houston University with a Master's degree in clinical psychology and completed undergraduate studies at St Edward's University. Counseling has been my profession for approximately 20 years. I am a Christian but see many people from a variety of backgrounds and beliefs.

The majority of my practice consists of working with children age twelve through adolescence and with adults through the process of psychotherapy. Many clients see me due to a loss or they may be experiencing a crisis. Some people begin counseling because they want to live happier and more productive lives. Others want to address problems with relationships and some enter therapy to gain assistance in dealing with a symptom or illness such as depression, anxiety or an addiction.

A primary commitment is to provide you with quality counseling services. However, no counselor can guarantee that counseling services will be effective for you. For you to achieve certain goals in Equine Assisted Psychotherapy (EAP) it is important that you are honest with yourself and your therapist. My desire is to assist you in reaching your goals. This can be accomplished through the process of EAP and the exploration of identifying behaviors that limit you and thought patterns that are unhealthy or destructive.

Equine Assisted Psychotherapy is a method of therapy that incorporates horses in a session and an equine specialist is present. My partner who works with me each session is Scott Nicholas. Horses are unique creatures that can mirror our own patterns and behaviors. All work with horses is done on the ground. There is no riding involved. It is important to understand that EAP can bring up very deep emotional issues.

Confidentiality: All information disclosed within session and the written record pertaining to those sessions are confidential and may not be revealed to anyone without your written permission. This includes Janet Nicholas, MA LPC LCDC and any horse specialist or therapist. EAP is conducted at a private residence, therefore we cannot control all factors. However, we strive to keep all sessions confidential. The only times that this confidentiality may be broken include when there is reasonable suspicion of child, dependent or elder abuse or neglect and if I believe that you are in danger of hurting yourself or someone else. In some cases a court may order me to disclose certain information.

Litigation Limitation: Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential nature, it is agreed that should there be legal proceeding (such as, but not limited to, divorce and custody disputes, injuries, lawsuits, etc..) neither you nor your attorney's nor anyone else acting on your behalf will call Janet Nicholas to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested.

Payments: Sessions are 60 minutes and the fee is \$160.00 Payment can be made by check, credit card or under resources at trails-less-traveled.com.

Calls Between Sessions or Emergencies: Should you need to contact me between scheduled sessions, please call 713-882-4268. Calls are returned Monday through Thursday usually within 24 hours. If you are having a true emergency you need to call 911 immediately for emergency assistance or go to your nearest hospital emergency facility.

The Therapy Process: Success in therapy depends to some degree on your desire for change and on your willingness to be honest with yourself and me. Awareness of need, willingness to talk, curiosity and openness will assist you in obtaining maximum benefit from our relationship. My professional code of ethics does not allow me or my horse professional to attend social gatherings with you, accept gifts, or accept goods or services in lieu of payment.

_____ Please Initial. **48 HOUR CANCELLATION POLICY. You will be charged \$160 unless 48 hour notice is given. We are limited in how many clients we can see. 48 hr notice allows others waiting for appointments to be seen.**

_____ Client Name(Print)	_____ Date	_____ Signature
_____ Parent Name if Minor (Print)	_____ Date	_____ Signature

