

## **D. BRENT DAWSON COUNSELING AND MENTAL HEALTH**

700 Central Expressway S. Suite 400 ~ Allen, TX 75013 ~ 214-687-8070

### **Client Treatment Contract**

#### **What can I expect from my initial visit?**

You will meet with me to discuss what concerns bring you to therapy. This meeting should help clarify and identify your treatment options. Our initial assessment should only take 1 session, but could take up to 2. During this time, I may ask your permission to contact previous treatment providers to obtain past treatment information. This will provide us with critical information to allow me to assist you more thoughtfully. Additionally, this initial visit allows for an essential time period to ensure that I am a good fit for your personal needs. Establishing a professional, therapeutic relationship with me is a mutual decision built on this premise.

#### **What can I expect from therapy?**

Therapy assists in resolving personal difficulties and obtaining skills, insights, and understanding to adapt to the complexities of life with more contentment. This occurs through regular contact with your therapist where discussions of the important issues in your life are aligned with goals and strategies to cultivate this contentment.

#### **What are your credentials and background?**

I have a M.A. in counseling from West Texas A&M. I have served as a counselor in private practice and in the school systems since 2000. My role as the lead Special Education counselor for the last 15 years has armed me with a unique ability to work with kids of all ages as well as assist families with parenting concerns. Additionally, as the developer of a school based family counseling program, I have been to help students and their families find cohesion in the home and in the school settings. I specialize in the following areas:

1. Children and Adolescents
2. Couples Counseling
3. Family Counseling
4. Individual Counseling
5. Home to School collaboration
6. Parenting and Behavioral Issues

#### **How much do your services cost?**

My fee is \$135 for every session and \$150 for the initial session. We do have options to suit budgets of all kinds. Our interns are able to see you for \$35-\$75 and often see out-of-network clients for your insurance plan's copay rate. Additionally, we have scholarship opportunities that allow clients to see a therapist for 6 total sessions at \$35 per session.

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### How much do your services cost?

Any cancellations of appointments must be made at least 24 hours in advance of the scheduled session. If you do not call to cancel within that time frame you will be charged \$35 for that appointment. If you do not call and/or fail to show, you will be charged the full session fee. If you need to reschedule an appointment or make other arrangements, please contact me as early as possible and I will make every effort to schedule another time to meet.

### What if I need to contact you before my scheduled appointment?

You may leave a message on my confidential voicemail. I make every effort to return phone calls within 24 hours. If you are in an emergency situation, call 911 or proceed to your nearest emergency room for immediate care.

### Are my visits confidential?

The information you share in therapy is confidential and will not be disclosed without your written permission. There are some exceptions to confidentiality including:

1. If you are at imminent risk to harm yourself or another person, the law requires me to try to protect you and/or the other person by informing appropriate individuals to maintain safety
2. If you disclose information pertaining to child or elder abuse, the law requires me to report this to authorities
3. If I receive a court-order for your clinical record or to testify. If such rare situations occur, I will make every effort to fully discuss it with you before taking action.

I certify by my signature below that I have read, fully understand, and agree to abide by the terms of the Services Contract.

Client Signature	Date:
Therapist Signature	Date: