

INFORMED CONSENT

Welcome to FREE LIVING RECOVERY, LLC Professional Counseling and Recovery Center. This is a Substance Use Program licensed in the State of Michigan, located at 1719 Crooks Road, Royal Oak, Michigan 48067. My name is Kathleen M. Smigels, MA, LLPC, NCC, CADC, CPRM, SST, SRCD. I am pleased that you have chosen to participate in counseling. The decision to come for counseling is sometimes a difficult, yet important step toward change.

THE COUNSELING PROCESS

There are both risks and benefits to counseling. While positive growth and resolution of personal issues may occur, specific outcomes may vary. You, the client, are largely responsible for accomplishing your outcome goals. Furthermore, counseling might open up levels of awareness that could cause pain and anxiety. You have the right to refuse to participate in therapeutic interventions.

COUNSELOR QUALIFICATIONS

My education background includes a Master of Arts in Clinical Mental Health Counseling, and I meet the requirements as a limited licensed professional counselor, and have taken the State Licensing Exam, qualifying me as a National Certified Counselor. I have a Bachelor of Art in Community Services. I have a Graduate Certificate in the Specialty Program in Alcohol and Drug Abuse (SPADA), and am a Certified Alcohol and Drug Counselor. I have training, experience, and education as a peer recovery mentor, and based on MCBAP requirements for certification I am a National Certified Peer Recovery Mentor. I also meet the requirements as a Coach Designation, having been trained in the Guiding Principles and Intentions of SHE RECOVERS FOUNDATION, a nonprofit organization.

I have a unique background which includes an Associate Degree in the Applied Science of Paralegal Studies with work experience as a Paralegal since 1994. I also have experience working with those involved in the criminal justice system at state licensed substance use center since December, 2014, working with individuals, and as Co-Facilitator of group sessions. This includes the specialty of working with clients primarily involved in the criminal justice system due to alcohol and/or drug use; but is not limited to, driving while under the influence, minor in possession, drug possession, disorderly conduct, and domestic violence.

DESCRIPTION OF PRACTICE

As the client, space will be provided so that you can identify the obstacle or problem, followed with collaboration in developing a plan of action, and considering possibilities of a solution or resolution. We will focus on character strengths, self-awareness, self-efficacy, and mindfulness-based practices to discover a way of being through personal discovery. The implementation of a plan will be co-created to process and navigate through life challenges, relationships, attachment disorders, trauma, PTSD, anxiety, depression, grief, loss, life transitions, and addiction.

My theoretical orientation is humanistic and client-centered. I will provide a safe place for you to explore healing through self-discovery by exploring any discrepancies as to who you are, who you think you are, who you want to be, and living a life in authenticity. This is grounded in a solution-focused, strength-based approach. By increasing mindful living for self-awareness and growth, my philosophy is existential in that you will have the ability to reach your potential and live a self-directed life. The integration of your experiences, recognizing patterns of behavior and thoughts is a process through which individuals improve their sense of wellness and improve, and form, healthy relationships. A working definition of recovery is integrated into my approach as being “a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.” (SAMHSA)

TECHNOLOGY/TELEMENTAL HEALTH

Telemental health services are provided. I understand that tele-mental health is the practice of delivering clinical health care services via technology assisted media or other electronic means between a practitioner and a client who are located in two different locations. I understand the following with respect to tele-mental health:

- 1) I understand that there are risks, benefits, and consequences associated with tele-mental health, including but not limited to, disruption of transmission by technology failures, interruption and/or breaches of confidentiality by unauthorized persons, and/or limited ability to respond to emergencies.
- 2) I understand that there will be no recording of any of the online sessions by either party. All information disclosed within sessions and written records pertaining to those sessions are confidential and may not be disclosed to anyone without written authorization, except where disclosure is permitted and/or required by law.
- 3) I understand that the privacy laws that protect the confidentiality of my protected health information also apply to tele-mental health unless an exception to confidentiality.
- 4) I understand that if I am having suicidal or homicidal thoughts, actively experiencing psychotic symptoms or experiencing a mental health crisis that cannot be resolved remotely, it may be determined that tele-mental health services are not appropriate and a higher level of care is required.
- 5) I understand that during a tele-mental health session, we could encounter technical difficulties resulting in service interruptions. If this occurs, end and restart the session. If we are unable to reconnect within ten minutes, please call me at 248-417-9993.

CONFIDENTIALITY

No client information will be released except in cases in which:

1. Client poses a clear and imminent danger to themselves or others.
2. The client was/is a victim or perpetrator of child/elder abuse or neglect.
3. I raise mental/emotional health as an issue in a legal proceeding).
4. As a limited licensed professional counselor, I am required to be under supervision until February 3, 2023.

FEE FOR SERVICES

My fee is \$100.00 - \$150.00 per session. A sliding fee scale is available on a limited basis. I ask for a 24-hour notice if you cannot make an appointment. There will be a charge of FULL PAYMENT if a 24-hour notice is not received.

In the event you would like to file a complaint regarding counseling services please contact:

Michigan Department of Licensing and Regulatory Affairs
Bureau of Professional Licensing
Investigations & Inspections Division
P.O. Box 30670
Lansing, MI 48909
(517) 241-0205

If you have questions about what you have read here, please discuss your concerns with your counselor at (248) 417-9993.