



CHRISTINE M. RUTH, LMFT
Niwot Counseling Center

Important Information about Individual, Marriage and Family Therapy Services

Here are some important things to know about my counseling services:

1. I am a licensed Marriage & Family Therapist in CO (#1704) and MN (#1608) with a B.A. in Social Work and a M.S. in Marriage and Family Therapy from University of Wisconsin-Stout in 2012. I have been practicing since 2012. I specialize in depression, anxiety, grief, loss, and trauma for individuals, couples, and families. The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Registrations. The regulatory boards may be reached at 1560 Broadway, #1350, Denver, CO 80202, (303) 894-7800. The regulatory requirements for mental health professionals provide that a Licensed Clinical Social Worker, a Licensed Marriage & Family Therapist, and a Licensed Professional Counselor must hold a master's degree in their profession and have two years of post-masters supervision.
2. You are entitled to receive information about my methods of therapy, the techniques I use, the duration of therapy (if I can determine it), fees, and confidentiality issues should we ever encounter each other in public.
3. My fee is \$85 per hour. Payment in full will be collected at each session by cash, check, or credit. A \$20 fee will be charged for any cancelled or returned checks. **Non-emergency appointment cancellations with less than 24-hour notice will be charged full fee.**
4. You can seek a second opinion from another therapist or terminate therapy at any time.
5. I have a no-secrets policy with couples and families. I will work with you to help you tell a secret that could be a problem for therapeutic progress and not encourage you to keep the secret, as long as safety is not an issue.
6. Generally speaking, information provided by and to a client in a professional relationship with a psychotherapist is legally confidential and the therapist cannot disclose the information without the client's consent. **There are exceptions to the general rule of legal confidentiality in CO:** 1) I am required to report a suspected incident of elder abuse (70+) to law enforcement or child abuse or neglect (17 and below) to authorities and to the Child Abuse Reporting Hotline System at 844-264-5437; 2) I am required to report an imminent homicidal threat by a client to police and the person(s) threatened; 3) I am required to initiate a mental health evaluation of a client who is deemed to be a danger to self or others, or who is gravely disabled, as a result of a mental disorder; 4) I am required to respond to a Court Order to disclose treatment information; and 5) I am required to report any suspected threat to national security to federal officials. 6) I am urged to report any suspected self-neglect of any adult 18 years and older to local officials.

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7. When I am concerned about a client's safety, it is my policy to request a Welfare Check through local law enforcement. Therefore, I may disclose to law enforcement information about my concerns. By signing this and agreeing to receive treatment from me, you consent to this practice if it should become necessary.
8. Under CO law, C.R.S. 14-10-123.8, parents have the right to access mental health treatment information concerning their minor child (under 15), unless the court has restricted access to such information. If you request treatment information from me, I may provide you with a treatment summary, in compliance with state law and HIPAA Standards.
9. In a professional relationship such as ours, sexual intimacy between a therapist and a client is never appropriate. If sexual intimacy occurs, report it to the Board that licenses, certifies, or registers the therapist.
10. I am not typically available after business hours. If you know you need a therapist with consistent after-hours care, I can refer you to someone more well-suited to your needs. Call 911 or go to your local ER if you have an unexpected mental health emergency after hours and are unable to reach me by phone.
11. We may communicate by email or text for the purposes of reminders, assignments, materials, or appointments only. Please do not provide any confidential information over email nor text as these modes are NOT secure.
12. If doing Teletherapy (phone or internet), you should know that this form of therapy is not yet researched enough to determine its effectiveness. You also understand that there may be problems with technology that may make our connection unreliable and may affect the quality of our communication during sessions. We will have our first session face-to-face if at all possible.
13. • I, as your therapist, will adhere to the Code of Ethics of the AAMFT.
14. By signing this form, you acknowledge that you have read it and my HIPAA Privacy Policy, went over it with me verbally, and understand these disclosures and your rights as a client.

_____ Client A Signature/Date

_____ Client B Signature/Date

_____ Client C Signature/Date

_____ Client D Signature/Date

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Additional Information for Couples and Families:

- Records of family and couple's therapy will be maintained in a way that all people are represented, not as individual clients in a family. If you need me to provide a receipt for services for you to get reimbursed or for any other reason, I will have to give one person in the couple or family a diagnosis and call our work family therapy with client present.
- Access to Records – Should any member of the couple or family want or need records for the family or couple's treatment released to the patient or to a third party, all members of the therapy must agree and sign a release of information.
- Safety - Couples and family therapy can escalate emotions for all involved; an individual's sense of stability is important for family members to stay safe while participating in this type of therapy. In some instances, it may be appropriate for the therapist to discontinue couples and family therapy if the risks of safety become too high; in that case the therapist may recommend an individual seek individual therapy before resuming couples or family therapy.
- Attendance -- The expectation is that all members of family or couple be present at every session unless a different arrangement is agreed upon ahead of time with the therapist. It is standard practice for therapist to sometimes meet with individuals or subgroups of a family or couple for one or more sessions in the service of couples or family therapy. If all members will not be able to attend, the therapist would request a phone call in advance informing them of this.