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Therapeutic Process

The following information illustrates the STEPS you will experience during the therapy process. If you have any questions regarding the following information please do not hesitate to ask.

STEP 1: PASSAGEWAY

When you express an interest in receiving counseling services you will first schedule an intake appointment and be informed of the services available to you. Your individual needs will be assessed during this conversation and you will be informed of what service would be most advantageous to you and an appointment will be scheduled.

STEP 11: ASSESSMENT

The therapy process begins with a comprehensive assessment, which includes a life history inventory, a diagnostic assessment, and a treatment plan designed to create your life goals. The first sessions are used to discuss your present concern(s), any past treatment and its outcome, present and past interpersonal/work functioning, and your family history. It is important to inform this writer about any special circumstances that might affect your work together,

e.g. in process or anticipated legal actions, medical conditions and prescribed medications, travel schedule, etc.

When you are scheduling your appointments, make sure to find a time that will be consistently convenient for you, for example, Tuesdays at 4:00p.m. That time will be blocked out for you making it easier for you to remember your appointment time. If you are unable to attend a scheduled therapy session, it is imperative to notify this writer 48 hours prior to your appointment or you will be responsible for payment of that scheduled appointment. It is very difficult for this writer to schedule another client in that time slot with short notice, so please be considerate of this writer's time.

STEP 111: PROCESS

Once the assessment is completed, this writer will inform you of treatment options and recommendations. Based on these recommendations a treatment plan will be devised to optimize treatment and give you the best outcome possible. Together we will map out a plan of action that will enhance your life and the lives around you.

Counseling provides the opportunity to create an environment based on trust, honesty, and acceptance. You are encouraged to ask questions about my philosophy and strategies used during the therapy process. It is very important that you share any concerns you have regarding the therapeutic process. Always be open and honest in your counseling sessions so you can be best served.

The length of therapy varies depending on the particular problems and issues being addressed, the length of the problem that one has experienced, the consistency of treatment, and strategies used. Sometimes you may experience uncomfortable feelings and/or work with unpleasant life events. Therapy often leads to a significant reduction of distress, better relationships, and the resolution of specific problems. In order to be most successful, hard work on your part is required, both during the sessions and between them. It is important to note that if you decide not to follow the treatment recommendations outlined, you may not receive the results you had anticipated. Your presenting issues, concerns, and

information provided will be carefully assessed to determine the best course of treatment.

STAGE IV: TRANSITION

When you have achieved your therapy goals, you will be ready to transition from the therapy process. We will discuss your transition phase so you can successfully maintain the goals you have accomplished. If you feel a need to discontinue counseling prior to completing your goals, please inform this writer of your decision so a proper closing session can be provided. Please note, however, if you leave prematurely, you may not receive the full benefits of the therapy process that you had anticipated.

PHILOSOPHY:

It is my belief that each individual can achieve more personal and emotional fulfillment through the process of self-exploration. My goal is to give you the tools, support, education, and encouragement to be more successful in your relationship with yourself and others. Through this process, you will understand more clearly how you can sabotage your own success, and learn ways to prevent this from happening in the future. I would like to assist you in transforming your life into the level of fulfillment you may not have realized was possible. Life is a process and a journey and I look forward to helping you.

Michelle D. Morris, LPC

CLIENT BILL OF RIGHTS

1. I have a right to obtain information about the clinician's qualifications, professional license, education, training, experience, and special areas of practice.
2. I have a right to have written information, before entering therapy about fees, method of payment, and cancellation policies.

3. I have a right efficient and effective care individual to my needs. My treatment provider will work with me to develop a treatment plan best suited to me.
4. I have a right to be treated ethically and with dignity and respect at all times.
5. My treatment provider will make every effort to meet with me at our scheduled appointment time. If my treatment provider is late, our session will be extended, if I am willing, or we will make other arrangements by mutual agreement.
6. I have a right to privacy and confidentiality. All records and communications about me will be treated confidentially in compliance with applicable state and federal laws. These laws may obligate this writer to report suspected abuse or neglect, domestic violence, and those who pose a danger to themselves or others.
7. I have the right to terminate therapy at any time. I recognize that this may prevent a good outcome and will make a commitment to inform necessary parties of my decision.
8. I have a right to understand techniques and strategies utilized in my treatment. At any time, I have the right ask any questions about the therapeutic process.