

**What is Counseling?**

The process of counseling may include, but is not limited to:

- Helping you to resolve personal issues
- Education concerning the root of personal difficulties
- Learning and applying new skills
- Rejecting destructive ways of thinking and behaving
- Gaining knowledge and insight concerning personal motivations
- Working through issues of woundedness and unforgiveness
- Learning to develop healthy relationships with yourself or others

Counseling will incorporate the use of Creation/Temperament Therapy, which has its basis in Biblical principles.

No guarantee is made that the counseling you receive will effect the desired results. Individual success largely depends on the intentional application of the insights, skill and knowledge the client gains through the counseling process and their willingness to be active, open, honest and as consistent as possible with their counselor.

No one else can solve your problems for you, but through gaining knowledge, insight, understanding and wisdom you can experience increased success in your life and relationships.

**What your counselor expects from you: \_\_\_\_\_ (initial)**

- Express concerns, ask questions
- Complete assignments
- Come to counseling free from the influence of any substances
- Pay your fees upon arriving to your session (unless other arrangements have been made that can be discussed in the first session)
- Be on time for your appointments
- Cancel 24 hours in advance unless you have a serious illness or emergency
- Payment for no shows and cancellations made less than 24 hours in advance

**What is counseling like?**

- A safe place where you will be accepted no matter what your struggle or difficulty
- An opportunity to grow personally and spiritually
- Personally challenging
- Teaches responsibility for the things you have control over
- Most sessions are 50 to 55 minutes in length

**What to expect from your counselor:**

- Return your calls or e-mail within 24 hours in most cases
- Continue to update his skills and obtain ongoing training for himself
- Treat you with kindness and respect
- Develop a plan with you to help you achieve your goals and objectives
- Discuss discharge planning with you as soon as clinically appropriate
- Seek confidential consultation with other professionals when appropriate
- Help you to find an appropriate referral if necessary

**Discharge and Termination \_\_\_\_\_ (initial)**

The client has the right to terminate the counseling relationship at any time. However, it is in the client's best interest to discuss and plan for discharge with their counselor.

Counseling may be terminated for consistent failure to complete assignments, failure to pay fees, and failure to consistently show for scheduled appointments.

If there is a lapse in treatment for 1 month, unless arrangements have been made with your counselor, you will automatically be discharged from treatment.

**Couples Therapy \_\_\_\_\_ (initial if applicable)**

Successful marriages are based on trust. Therefore, openness and honesty is the best policy. For successful therapy there can be no secrets within couples counseling. However, sometimes there are issues that are disclosed during individual sessions that may be difficult for one spouse to disclose to the other. When that is the situation, you and your counselor will work together on the best way to share that information with your spouse.

**Records and Confidentiality \_\_\_\_\_ (initial)**

The code of ethics for clergy and the state laws regulating most kinds of pastoral counseling consider personal information you discuss to be confidential. Except in a small number of situations, the helping professional may not reveal any information about you to another person without your explicit permission. Records of your treatment will be kept for seven years after your final session.

One exception to this rule includes if your fees are paid by a third party such as an insurance company, certain details of your treatment (e.g. dates of treatment, diagnosis, symptoms, progress) may be required to be revealed in order to obtain reimbursement. Most insurance companies allow you to file claims directly with them so that your employer will not see the information.

In cases where a court order has been issued and records have been subpoenaed the counselor has a legal responsibility to comply.

**Suicidality and Abuse \_\_\_\_\_ (initial)**

Another exception where counselors are legally required to disregard confidentiality involves situations where there is a potential for suicide or homicide. For example, if you reveal information that indicates a clear danger of injury to yourself or others the counselor will need to contact the appropriate authorities or family members.

Another exception to confidentiality is that all helping professionals are required by law to report any knowledge of abuse or neglect of a child or an incompetent or disabled person including suspected abuse.

Your counselor will be happy to discuss any concerns you have about the protection of the information you provide.

**Fees and insurance reimbursement: \_\_\_\_\_ (initial)**

Your insurance company may reimburse you for part of your fee; however it is your responsibility to pay your fee upfront unless other arrangements are made.

Fees for court appearances, phone sessions, copies of records etc. will be discussed with you by your counselor as the need arises. Phone consults initiated by the client, that exceed 10 minutes will be billed in quarter hour increments based on the per session fee. \_\_\_\_\_ (initial)

**Advantages and Limitations of Distance Counseling \_\_\_\_\_ (initial)**

Because entering into a counseling relationship is often a very courageous step for people distance counseling can make it easier for some people to take that step.

**Some of the following may also be benefits for you:**

- Convenient because you don't have to travel or take time off from work.
- Comfortable because you are in the privacy and convenience of your own space.
- Offers more anonymity, making it easier to open up and trust more quickly.

Distance counseling is not for everyone and there are some limitations. If at any point in your counseling your counselor feels that distance counseling is not in your best interest he will discuss this with you. If at any time in your counseling you have concerns about the counseling it is your responsibility to make that known to your counselor so that your concerns can be addressed.

**Some of the following may be limitations for you:**

- You may be more comfortable with a counselor who is physically present.
- Communication may be more difficult because your counselor may not be able to see your facial expressions and body language, which makes it more difficult for him to understand what you are feeling. (In the case of phone usage only.)
- Distance counseling is not appropriate for individuals who are suicidal/homicidal, in crisis or struggling with serious emotional or mental health problems.
- Distance counseling is generally not reimbursable by insurance.

Because of the limitations of distance counseling it is imperative that the client and counselor communicate clearly and that the client takes responsibility for communicating as much as possible about their thoughts and feelings.

**Phone and Internet Confidentiality \_\_\_\_\_ (initial)**

Your counselor will do everything she can to provide you with 100% confidentiality. However if cordless phones, cell phones, and Internet transmissions are used, though the risk is very small, it is not possible to guarantee 100% confidentiality.

Additionally, it is important for you to know that your counselor is licensed by the National Christian Counselors Association as a Licensed Clinical Pastoral Counselor. He is also a licensed minister of the United Pentecostal Church International. As such, he is able to counsel in any country that the UPCI is recognized in.

**INFORMATION AND CONSENT FORM**

**DayStar Ministries**  
**www.dsministries.com**  
**900 SW Riverview Way**  
**Troutdale, OR 97060**  
**503-481-2934**

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**Your fee will be collected at the beginning of each session. \_\_\_\_\_ (initial)**

Checks and cash are accepted. If you are going to use a check please have it ready when you come in to save time. For a small additional fee you can use your credit or debit card and pay through PayPal.

The Pastoral Counselor is Rev. Daniel R Sirstad, MA. He is licensed through the National Christian Counselors Association and is not a state licensed therapist.

By your signature below you are indicating that you have read and understood this Information and Consent Form and any questions you have had about this statement have been answered to your satisfaction. Your signature also indicates that you are over 18 years of age and legally competent. If you are under 18 years of age you must have your parent or guardian's signature as well. **Please sign one copy and return to your counselor and keep one copy for yourself.**

\_\_\_\_\_  
(Client's signature/date)

\_\_\_\_\_  
(Parent/guardian's signature/date)

\_\_\_\_\_  
(Witness signature/date)