

Yellowstone Counseling Center

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Outpatient Therapy

Welcome to our practice. This document contains important information about our professional services and policies. Psychotherapy has both benefits and risks. Risks sometimes include experiencing uncomfortable feelings. It has also been shown to have benefits for most people who undertake it. Therapy often leads to a significant reduction in feelings of distress, better social, work, and family relationships, and resolutions of specific problems. However, there are no guarantees about what will happen.

Confidentiality: State law and our profession's ethical principles legally protect the privacy and confidentiality of conversations between the client and therapist. There are two situations by law that your therapist must disclose to others what you have told them. 1. When the therapist believes you intend to cause bodily harm to yourself or another person. 2. When believed that a child, disabled person, or an elderly adult has been or will be abused or neglected. If a client is threatening serious bodily harm to another, we may be required to take protective actions, which may include notifying the potential victim, notifying the police, or seeking appropriate hospitalization. If a client threatens to harm themselves, we may be required to seek hospitalization for the client, contact family members, police or others who can help provide protection. Should such a situation occur, your therapist would make every effort to fully discuss it with you before taking any action.

Contacting therapist: If your therapist is unavailable, you may leave a message with our front office staff or leave a confidential voicemail on your therapist extension. Your therapist will make every effort to return your call with the exception of weekends and holidays. Please be advised that therapists do not provide crisis intervention or emergency services. If you cannot reach your therapist and feel you are unable to wait for them to return your call, you should call 911 or go to your nearest Emergency Department. If your therapist is unavailable for an extended period of time, they will provide you with the name of a trusted colleague whom you can contact or see if necessary.

Minors: For clients under the age of 12, treatment plans will be fully discussed with parents and/or guardians. For clients 12 to 17 years of age, it is Yellowstone Counseling Center's policy, with a parent/guardian's consent, to provide them only with general information regarding the therapist and client's work together unless there is a high risk that the child will harm themselves or another person, in which case the parent/guardian will be notified of your therapist concern. Before any information is given, the therapist will discuss the matters with the client first, if possible, to resolve any objections about what will be discussed. When working with minor children, it is the practice of Yellowstone Counseling Center not to provide confidential records and/or therapy notes to parents/guardians as this can impede the therapeutic relationship between the therapist and the minor. It may be possible to provide a treatment plan summary as long as it is in the best interest of the child. Prior to the child's first appointment, Yellowstone Counseling Center requests, a current Parenting Plan be provided to the therapist. With few exceptions, both parents are made aware of a minor child receiving counseling in our facility. Names and complete contact information for both parents is required. This policy is to ensure that Yellowstone Counseling Center is doing what is in the best interest of the minor.

Regular staff meetings are held with other therapist in our practice. In signing this document, you are giving your therapist permission to discuss your case with other licensed counselors within Yellowstone Counseling Center. All consultations adhere to state privacy and confidentiality laws.

I have read, understand, and agree to all of the terms above. Date: _____

Client Name: _____ Signature: _____

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