

MARTHA GONZALEZ-MICHAELIS LPC

Therapy Information

Therapist

I, Martha Gonzalez-Michaelis, am a Licensed Professional Counselor engaged in private practice providing mental health care services to clients directly. I am not practicing in partner or association with any other provider providing services at Colleyville Counseling Center.

Mental Health Services

While it may not be easy to seek help from a mental health professional, the goal is that you will be better able to understand your situation and feelings and move toward resolving your difficulties. I, using my knowledge of human development and behavior, will make observations about situations as well as suggestions for new ways to approach them. It will be important for you to explore your own feelings and thoughts and to try new approaches in order for change to occur. You may bring other family members to a therapy session if you feel it would be helpful or if this is recommended by your therapist. The services I provide are Adult, Adolescent, Child and Relationship Therapy.

Risks of Therapy

You may learn things about yourself that you don't like. Often, growth cannot occur until you experience and confront issues that induce you to feel sadness, sorrow, anxiety, or pain. The success of our work together depends on the quality of the efforts on both our parts, and the realization that you are responsible for lifestyle choices/changes that may result from therapy. The results of therapy can include complete, partial or no goal attainment.

Goals, Purpose and Techniques of Therapy

There may be alternative ways to effectively treat the problems you are experiencing. It is important for you to discuss any questions you may have regarding the recommended treatment and to have input into setting the goals of your therapy. As therapy progresses these may change.

Relationship

Your relationship with me is a professional and therapeutic relationship. Gifts, bartering and trading services are not appropriate and should not be shared between you and me.

Confidentiality

Discussions between a therapist and a client are confidential. No information will be released without the client's written consent unless mandated by law. Possible exceptions to confidentiality include but are not limited to the following situations: child/elderly/disabled abuse; child custody cases; suits in which the mental health of a party is in issue; situations where the therapist has a duty to disclose, or where, in the therapist's judgment, it is necessary to warn, notify or disclose; fee disputes between the therapist and the client; a negligence suit brought by the client against the therapist; or the filing of a complaint with a licensing board or other state or federal regulatory authority. Please ask any other questions regarding confidentiality you may have

Duty to Warn

In the event that I reasonably believe that you are in danger, physically or emotionally, to yourself or another person, I will warn the person in danger and will contact any person in position to prevent harm to you or another person, in addition to medical and law enforcement personnel, and any person you authorize to be informed.

Therapist's Incapacity or Death

In the event I become incapacitated or die, it will become necessary for another therapist to take possession of my files and records. I will select the therapist whom will take possession of your

files or upon your request, within reasonable time, send the files to a therapist of your choice.

Appointments and Cancellations

Appointments are made by calling (682) 557-4578 Monday through Friday between the hours of 9:00 A.M. and 5:00 P.M. or through the website scheduler (www.marthagonzalez-michelis.com). Please call to cancel or reschedule at least 24 hours in advance, otherwise YOU will be charged the customary fee for that missed appointment. You are responsible for calling to cancel or reschedule your appointment.

Number of Visits/ Length of sessions

The number of sessions needed depends on many factors and will be discussed by the therapist. Therapy sessions are 50 minutes in length.

Payment for services

The charge for session is \$100. I do not accept assignment of insurance benefits. I will look to you for full payment of your account at time of services.

Contacting me

You can contact me by phone or email. When communicating by either way I cannot guarantee the privacy of the conversation. Consequently, I limit phone and email communication to appointment setting, cancellations or any logistical issues. I do not provide therapy by phone or email.