



Consciously Integrated Counseling
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Client Information

Name: _____ Date of Birth: _____
Pronouns/Gender Identity: _____ Sex assigned at birth: _____
Address: _____
Telephone: _____ Text OK? Yes / No Voicemail OK? Yes / No
Email Address: _____

Informed Consent for Psychotherapy

General Information

The therapeutic relationship is unique in that it is highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by signing at the end of this document.

About the Counselor

Ben Hearn practices as a licensed professional clinical counselor and received his Ph.D. in Counselor Education and Supervision from the University of Cincinnati in 2023. He has completed specialized training in psychedelic-assisted therapies, Internal Family Systems (IFS) therapy, and Eye Movement Desensitization and Reprocessing (EMDR). These approaches are significantly different from conventional talk therapy approaches in that they are experiential in nature and emphasize clients' own capacity for healing and developing self-compassion. Ben also draws heavily from existential-humanistic perspectives and Buddhist psychology and enjoys learning about clients' values and meaning-making processes. In addition to these treatment modalities, I specialize in working on issues related to trauma, anxiety, interpersonal relationships, and identity exploration. I particularly enjoy working with members of the LGBTQ+, polyamory/consensual non-monogamy, furry, and kink communities.

The Counseling Process

I am glad and honored that you are allowing me to work you during this trying period in your life. Our work together will unfold and deepen over time as trust develops internally within yourself and between us. During our first session, I'll work to develop a greater understanding of

your background, strengths, and current concerns. We'll also work to identify your goals for counseling. Over the next few sessions, you'll be introduced to working with experiential approaches which may include breathwork, mindfulness practices, IFS, and EMDR. Early IFS sessions in particular are aimed at developing greater understanding of protective parts that inadvertently contribute to current issues.

I emphasize experiential approaches in therapy and use more conventional talk therapy to support and deepen these approaches. In my experience, this provides more transformational outcomes than talk therapy alone. While I do not require that clients develop or engage in practices supportive of or similar to those used in counseling, I strongly encourage doing so as clients who do typically have better outcomes. Despite this, I do expect clients to work towards becoming active agents both outside and inside the counseling room.

After a few sessions, we'll begin working through more vulnerable and sensitive issues which may include EMDR to witness and reprocess past experiences. When engaging in more traditional talk-therapy sessions, I draw from existential-humanistic approaches to help you identify and clarify your values and meaning-making processes so that you're better able to make decisions in accordance with and mindful of these values.

Length and Frequency of Counseling

Clients most typically engage in counseling with for a period of 6-9 months. Providing estimates of the length of treatment is difficult and dependent on not only your goals but your work outside of session. While clients may need or elect to work together for longer periods, it is important that long-term clients are actively engaged in counseling and continue to identify clear goals. Clients may work for shorter periods if they are seeking support around a very specific issue or have more minor concerns but typically attend services for at least 3 months.

Regardless of presenting concerns, I recommend new clients attend sessions weekly for the first 4 weeks in order to develop rapport and identify goals. After 4 weeks, we'll discuss ongoing frequency of sessions. Often, many clients elect to continue weekly sessions while others choose to work less often. I require that clients attend at least one session per month to remain active on my caseload and discourage this frequency of session for newer clients.

Identifying an 'end point' to counseling is often difficult, but I maintain an attitude of 'working towards discharge', meaning that while I value our time together, it is important that we both have a degree of mutual understanding of when our work will be complete. This is especially important for longer-term clients or those with unclear goals. If I feel that you have met your goals or that counseling is not being effective, I will address the topic of discharge with you.

Risks

Though counseling is generally safe, it is not risk-free. I cannot guarantee that you will have a positive treatment outcome, and neither can I change your life circumstances. Additionally, there are periods during the counseling process which may include experiencing intense or distressing emotions and/or sensations including previous memories. Such sessions in particular may leave you feeling tired or drained for a period immediately afterwards and may include periods of

increased distress between sessions when working through particularly difficult content. In this regard, you may feel worse before feeling better. Other risks to counseling include strain on current relationships, particularly if this is a presenting issue for individual work.

Confidentiality

The session content and all relevant materials to the client’s treatment will be held confidential in accordance with the Health Insurance Portability and Accountability Act unless the client requests in writing to have all or portions of such content released to a specifically named person/persons. Limitations of such client held privilege of confidentiality exist and are described in the Notice of Privacy Practices.

If we see each other accidentally outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you but feel it is inappropriate to engage in any lengthy discussions in public or outside of the therapy office.

Fees & Payment Options

Clients may elect to use their insurance if it is accepted or to be billed privately. My standard private pay rate is \$125/hour and some sliding scale or pro bono spaces may be available. Fees are payable by cash, check, or credit/debit card. Payment is due at the end of each session. There will be a \$30 fee for returned checks. Additional fees may be charged for letters, appearance in court, reports, and extended phone calls. Complete fee information may be found in the Services Fee Schedule.

BY SIGNING BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

Name	Date of birth
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Signature	Date
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