

INFORMED CONSENT AND STATEMENT OF CONFIDENTIALITY

Lakeland Community College

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This statement includes information and policies that are important to make clear at the outset of our work together. Please read it over carefully.

Description of Services:

During our initial intake session, I will ask a number of questions and listen carefully to fully understand your situation and evaluate your needs. If your needs are consistent with the services that I offer, we may continue with short-term personal counseling. If your needs are not consistent with the scope of my services or with my areas of expertise, I may provide a referral to appropriate resources in the community.

When short-term counseling is provided, up to 12 sessions may be available to current Lakeland students at no charge. The sessions are generally held every one to two weeks and last 50 minutes. My goal will be to provide you with a counseling experience that is both supportive and productive. We will discuss your goals for counseling, and we will use active strategies and techniques to help you achieve those goals. To make steady progress, it will be necessary for you to make a commitment to complete some brief activities or assignments on your own between sessions as well.

Confidentiality:

In general, I will not share information with outside parties unless you give me permission to do so. There are some exceptions, however. For instance, I may be required to disclose confidential information if I am ordered to do so by a court of law. Limits on confidentiality apply to situations involving serious threat of harm to self or others, as in the case of suicide, assault and abuse of children, the elderly or disabled adults. In such cases, I may be required by state law to share information with an outside party in order to ensure your safety or the safety of others. Information may be shared when consulting within the Lakeland counseling department for treatment planning purposes. Also, note that confidentiality can be compromised when using communication technologies. See the section below, which addresses this issue. Confidentiality is an important aspect of the counseling process. If you have questions about confidentiality at any time, please let me know.

Telepsychology and In-Person Session Considerations:

Sessions are available either in-person on campus or remotely through Webex videoconferencing. There can be advantages and disadvantages to holding sessions either on campus or through videoconferencing. Some students find Webex sessions more convenient, while others prefer interacting in-person.

Webex is supported by Lakeland and is considered secure. However, it is advisable that you use secure password-protected Wi-Fi / internet to access Webex, rather than public Wi-Fi, if possible. If you prefer to talk by phone, this may be arranged depending on the circumstances. However, please be aware that

communication by cellphone is not considered secure. Your own privacy is important in the counseling process, so please ensure that you have access to a quiet and private space during scheduled videoconference and telepsychology sessions. Lakeland's Help Desk is available at 440-525-7570 and can assist you with Webex technology. If we are in a session and the technology we are using is disrupted, please call me at 440-525-7205 to make alternate arrangements.

Telepsychology is considered an emerging and innovative practice. Some limitations or difficulties could arise that would be less likely to occur when meeting in-person. For example, technical difficulties and audio or video lags could lead to frustration or misunderstandings. If any related difficulties are encountered, open communication about the situation is encouraged.

Termination of Services:

Your chart will be closed or considered inactive when we have finished our work together or if I do not hear from you within a month after a missed or canceled session. However, you can always feel free to call back to seek additional services. You should also know that you have the right to end your participation in counseling at any time. If we are approaching the end of our allotted number of sessions, I will let you know, leaving plenty of time for us to wrap up our work or make alternative arrangements.

Crisis Procedures:

A full set of crisis procedures is provided in a separate section of the online Psychological Services Intake Form. Please be sure to read the crisis procedures thoroughly. Remember that in case of a mental health emergency, you can always dial or text 988, call 911, or go to the nearest hospital emergency department.

Please feel free at any time to discuss any questions or concerns that you may have about the policies outlined above. Open communication will maximize the success of your counseling experience.