

# Clear Horizons Counseling, LLC Professional Disclosure Statement and Consent for Treatment with Jessica Jacobson

The majority of this document is mandated by South Carolina State law and Public Law 104-191, as well as the Standards of Practice of the North Carolina Board of Licensed Professional Counselors (LPC) as stated in Section 90-343 of the LPC Act. It is provided for your protection. Jessica Jacobson of Clear Horizons Counseling, LLC has tried to anticipate any risks you may face as a result of being in counseling. If you have any questions regarding the document you have received, please feel free to discuss them with Jessica Jacobson.

**CONTACT INFORMATION:** Jessica Jacobson of Clear Horizons Counseling, LLC is located at 302 Tom Hall Street Suite 5, Fort Mill, SC 29715. This is also the mailing address. Jessica Jacobson's usual office hours are evenings after 2:30 PM Tuesday through Thursday. Clients are seen by appointment only and special appointments for weekends and other selected times will be considered. Jessica Jacobson's telephone number is 803-701-0075 (the voicemail is confidential). Jessica Jacobson's email address is [jessica@clearhorizonscounseling.com](mailto:jessica@clearhorizonscounseling.com), it is checked at least once every working day. Our webpage is <http://www.clearhorizonscounseling.com> and contains more information about Clear Horizons Counseling, LLC.

**PERSONAL QUALIFICATIONS:** Jessica Jacobson is the Clinical Director of Clear Horizons Counseling, LLC. Please note some of her credentials listed below:

- Licensed Professional Counselor in South Carolina since 2013 - License #5424
- Licensed Professional Counselor in North Carolina since 2015 - License #9517
- National Certified Counselor since 2010 - Certificate #268082

Jessica Jacobson received her Bachelor's of Science Degree in Psychology from Penn State Erie, The Behrend College in Erie, PA in 2008 and her Masters of Education Degree in Counseling & Development, Community Counseling from Winthrop University in Rock Hill, SC in 2010.

**SERVICES:** Jessica Jacobson provides a number of psychotherapeutic services to children, adolescents and families which include:

- Therapy involving adjustment to changes encountered by individual life cycle development
- Therapy involving adjustment to changes encountered by family life cycle development
- Therapeutic assessment and treatment of disorders as listed in the current Diagnostic and Statistical Manual of the American Psychiatric Association

**COUNSELING APPROACH:** Jessica Jacobson is most heavily influenced by the person-centered and the cognitive-behavioral approaches to counseling. Jessica Jacobson strives to provide a safe and consistent relationship with her clients while challenging the client to examine how his or her thinking impacts how the client relates with the world around him or her. In addition, Jessica Jacobson often uses the following techniques in her healing work with clients: art, homework, mindfulness, play and psychoeducation. Jessica Jacobson believes individuals need to understand the thoughts underlying behavior in order to change maladaptive patterns in their lives. The ultimate goals of self-awareness and self-acceptance are goals that sometimes take a long time to achieve. Some clients need only a few counseling sessions to achieve these goals, while others may require months or sometimes years of counseling. As a client, you are in complete control and may end the counseling relationship at any point.

**FEES:** It is customary to pay for professional services at the time they are rendered. The hourly fee for individual, couple and family therapy is \$100 per hour. Group therapy, if offered, with Jessica Jacobson is \$50 per hour per person. Jessica Jacobson accepts cash, personal checks, credit cards and PayPal. Checks should be made out to Clear Horizons Counseling.

Jessica Jacobson is currently an in-network provider for most Blue Cross Blue Shield health plans (effective date 12/31/16). This means that she “accepts” this insurance and will file claims behalf of the client. If your insurance is accepted, you may be required to pay a co-pay for your therapy. If it is unclear whether the insurance deductible has been met, the full fee will be charged at the time of service. If it is later determined that the deductible has been met, a refund minus the co-pay will be returned. You are responsible for any fees - due to Clear Horizons Counseling - that your insurance company does not pay.

If you are currently insured for mental health services through another carrier and would like seek reimbursement for services, Jessica Jacobson can provide documentation needed to submit your own out-of-network claims.

**CONFIDENTIALITY:** The information you share in psychotherapy is protected health information and is generally considered confidential by both South Carolina statute law and federal regulations. Your therapy file can be subpoenaed in South Carolina through a court order (signed only by a judge) but is considered privileged in the federal court system. Jessica Jacobson is mandated by standards – through Duties to Warn – to breach confidentiality if she discovers: 1.) you are threatening self-harm or suicide, 2.) you are threatening to harm another or homicide, 3.) a child has been or is being abused or neglected, and/or 4.) a vulnerable adult has been or is being abused or neglected. Finally, if you wish your protected health information released to another party, you must sign a specific Release of Information.

**ETHICS:** Jessica Jacobson follows the Code of Ethics of the following organizations:

- The South Carolina Board of Examiners for The Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-educational Specialists
- American Counseling Association
- National Board for Certified Counselors

Any type of sexual behavior between therapist and client is unethical. It is never appropriate and will not be condoned.

**COMPLAINT PROCEDURES:** Jessica Jacobson is licensed through the SC Board of Examiners for The Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-educational Specialists; this Board is located in The Synergy Center (Kingstree Building) in Columbia, South Carolina at (803) 896-4652 (mailing address is P.O. Box 11329, Columbia, SC 29211-1329). Jessica Jacobson is also licensed through the NC Board of Licensed Professional Counselors; this Board can be reached at P.O. Box 77819, Greensboro, NC 27417, by phone at (336) 217-6007, or by email at [complaints@ncblpc.org](mailto:complaints@ncblpc.org). As a client you can register a concern if you feel your rights as a consumer have been violated or that there has been a breach of ethical standards. Concerns can be reported to the two boards mentioned above.

You are encouraged to discuss any questions or concerns you have about entering a counseling relationship with Jessica Jacobson, or the counseling process described above. Please sign your name below if you have read and understand the above information and voluntarily agree to participate in such services.

**INFORMED CONSENT: You will be asked to sign the last page of this document.** Your signature verifies you have been given this document and the HIPPA document that follows; that you have read and understand these documents, and that you consent to treatment. Further you need to be aware:

- Treatment is not always successful and may open unexpected emotionally sensitive areas.
- Jessica Jacobson is not a physician and cannot prescribe medications.
- Jessica Jacobson may need to consult with your physician, attorney or other counselor.
- Jessica Jacobson is not available 24 hours a day.
- Appointments may be successfully cancelled as late as 24 hours prior to the scheduled time. If this is not done, **you may be charged \$50.00 for a missed appointment.**
- The Executive Administrator for the Clear Horizons Counseling, LLC is Jessica Jacobson. She is a confidential administrator under state and federal law. She will be your major contact for appointments, problems, complaints and commendations.

Prior to your counseling beginning, you will receive 1.) an exact duplicate of these two pages and 2.) your counselor's Professional Disclosure Statement and Consent to Treatment – both for your personal records. It will be necessary for you to sign a certificate indicating that you have received, read and understand both documents. This certificate will be placed in your counseling file. Please do not sign the certificate if you do not understand any part of the HIPPA Client's Rights or the Professional Disclosure Statement and Consent for Treatment. Your counselor will be happy to explain these documents further.

I acknowledge that I have received and read ***the Clear Horizons Counseling, LLC Professional Disclosure Statement and Consent for Treatment and the HIPAA Client's Rights***. I further acknowledge that I seek and consent to treatment with Jessica Jacobson. My signature below confirms that I understand and accept all the information contained in ***the Clear Horizons Counseling, LLC Professional Disclosure Statement and Consent for Treatment and the HIPAA Client's Rights***.

X \_\_\_\_\_  
Signature of Client

X \_\_\_\_\_  
Signature of custodial parent for clients under 16 years old

X \_\_\_\_\_  
Date

X \_\_\_\_\_  
Date

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If more than one individual (e.g., spouse or family member) is seeking therapy, please have each of the others sign below. Signature below confirms that each understands and accepts all the information contained in ***the Clear Horizons Counseling, LLC Professional Disclosure Statement and Consent for Treatment and the HIPAA Client's Rights***, and that each seeks and consents to treatment. Additional copies of ***the Clear Horizons Counseling, LLC Professional Disclosure Statement and Consent for Treatment and the HIPAA Client's Rights*** upon request.

X \_\_\_\_\_  
Signature of Client #2

X \_\_\_\_\_  
Signature of Client #5

X \_\_\_\_\_  
Signature of Client #3

X \_\_\_\_\_  
Signature of Client #6

X \_\_\_\_\_  
Signature of Client #4

X \_\_\_\_\_  
Signature of Client #7