

# Marriage & Family Counseling Services

Barrington H. Brennen, MA, NCP

*Marriage & Family Therapist, Nationally Certified Psychologist*

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## INFORMATION AND CONSENT

I am pleased that you selected me as your therapist/counselor. This document is designed to inform you about my background and to ensure that you understand our professional relationship.

I am a counseling psychologist, marriage & family therapist, and nationally certified psychologist (USA). I am a professional member of the American Counseling Association, American Association of Marriage and Family Therapists, the American Association of Christian Counselors, the Bahamas Psychological Association, the Association of Ethics and Spiritual Values in Counseling, the Board of Masters in Psychology, and the International Who's Who for Professional Management. I am also a member of the National Committee on Child Abuse Prevention, National Mental Health Committee, and National Task Force of Domestic Violence. My practice includes adults, couples, families and teenagers.

I hold a master's degree in Community Counseling with emphasis in marriage and family, and a masters' degree in Religion from Andrews University, Berrien Springs, Michigan, USA. I am puruing a PhD in Psychology. I am also a certified PREPARE/ENRICH & MATE Counselor. PREPARE/ENRICH & MATE are counseling programs for engaged and pre marriage couples, young married couples, and senior married couples, using a scientific inventory to discover relationship strength and growth areas.

I have been a professional counseling psychologist since 1993 and have helped thousands of couples, families and individuals. I accept in my private practice only clients whom I believe have the capacity to resolve their own problems with my assistance. I believe that as people become more accepting of themselves, they are more capable of finding happiness and contentment in their lives. However, 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, whereas others may require months of every year of counseling. As a client you are in complete control and may end our counseling relationship at any point. I will be supportive of the decision. If counseling is successful, you should feel that you are able to face life's challenges in the future without my support or intervention.

Although our sessions might be very intimate psychologically, it is important for you to realize that we have a professional relationship rather than a personal one. Our contact will be limited to the paid sessions you have with me. Please do not invite me to social gatherings, offer gifts, or asked me to relate to you in any way other than in professional context of our counseling sessions. You will be best served if our relationship stays strictly professional and if our sessions concentrate exclusively on your concerns. However, it is important for you to remember that you are experiencing me only in my professional role.

**I will keep confidential anything you say to me, with the following exceptions: (1) you direct me to tell someone else, (2) I determine you are a danger to yourself or others, or (3) I am ordered by a court to disclose information.**

Individual Couple Family

In the return for a fee of \$50 - \$60 - \$70 - per session, I agree to provide professional counseling services for you. Sessions are 50 to 75 minutes in duration. The first session, which is the intake and assessment session, is 90 minutes in length with a fee of \$85. The fee for each session must be paid at the conclusion of each session. Cash or personal checks are acceptable for payment. I will provide you with a receipt for all fees paid. In event that you are unable to keep appointment, you must notify me at least 24 hours in advance. Clients who do not call to cancel appointments may be charge 50% of the session fees payable upon the next visit. Urgent phone calls outside of session times are free up to ten minutes. After which there will be a \$20 fee payable at your next regular session.

I assure you that my services will be rendered in a professional manner consistent with accepted ethical standards. Please not that it is impossible to guarantee any specific results regarding your counseling goals. However, together we will work to achieve the best possible results for you. If you have any questions feel free to ask. Please sign and date both copies of this form.

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Barrington H. Brennen, *Therapist*