Counseling Consent for Treatment Form

Welcome to Counseling Services at Portland State University's Center for Student Health and Counseling. This document is an introduction to our agency and procedures. If you have questions after reading it, please ask them during your initial consultation.

What to Expect: During your initial consultation a therapist will meet with you to discuss the nature of your concerns and some background information. The consultation is designed to engage you in a collaborative process that may address your concerns in a single session or result in planning further action. If further action is recommended and your needs are within the scope of care available at Counseling Services, we will refer you to group or individual therapy. If we determine that your needs are outside the scope of care available at Counseling Services, such as extended or specialized care, you will be referred to an appropriate provider in the community. If you have requests about the type of therapist with whom you will be matched, please make this known during your initial consultation.

Services Available

Focused Treatment: Counseling Services provides focused treatment to assist with crises, adjustment issues, and other disruptive developments that may interfere with your academic progress. Our goal is to help you resolve these disruptions or manage them more effectively, and resume a more productive level of functioning. If you are seeking extended treatment for long-standing issues, or in the course of focused treatment identify issues amenable to extended psychotherapy, you will be provided with information about resources in the community where such treatment is available.

Focused treatment may be provided in an individual or group format. At certain times during the year demand for services becomes very high. During these periods the frequency of your visits may be reduced so that Counseling Services may serve as many students as possible.

Group Therapy: Group therapy is especially useful for addressing many issues commonly experienced by college students, and is available to students for a longer duration than individual therapy. After discussing your concerns during your initial consultation, the therapist may refer you to a Counseling Services therapy group as the recommended approach to your treatment.

Psychiatric Services: Referral to a Counseling Services psychiatrist is made only through your Counseling Services therapist. Records from any prior psychiatric treatment must be provided to Counseling Services before a psychiatric referral will be made.

Testing for Learning Disabilities, ADHD, and Career Planning: Testing to assess for learning disabilities and ADHD, and testing to assist in career planning, are available for a fee. If you are interested in these services an interview with a specialist will be scheduled to assess whether such testing is appropriate for your needs.

Eligibility and Fees: Any student enrolled in 5 or more in-load credit hours a term is assessed the Student Health Fee and is eligible for Counseling Services. If you drop classes during a term and your health fee is refunded, your eligibility for services will be forfeited except in limited circumstances; please consult with your Counseling Services therapist if you plan to drop classes. There is no fee for therapy or psychiatric services (summer term varies), but students must pay for any medication prescribed.

Hours of Operation: SHAC is open Monday-Friday from 9AM-5PM. Counseling Services operates on an appointment basis, except in emergencies. If you need emergency services outside these hours contact the Multnomah County Crisis Line at 503-988-4888, or go to a hospital emergency room. A list of hospitals that are preferred providers under the PSU insurance plan is provided on the SHAC website.

Counseling Services Staff: The Counseling Services staff is composed of licensed clinical social workers, psychologists, and psychiatrists. In addition, Counseling Services is a training site for doctoral interns and residents in psychology, graduate students in psychology, social work, and counselor education, and medical residents in psychiatry. Current and former Counseling Services clients are not eligible to apply for training at Counseling Services.
Your Basic Rights & Responsibilities

- If you have questions about your therapist's professional experience, credentials, or theoretical orientation, please ask. You are encouraged to talk with your therapist about any concerns about your working relationship, particularly if your needs are not being met. If you are dissatisfied with your therapist you have the right to request a different one; we encourage you first to discuss this with your therapist if at all possible.
- You have a responsibility to keep your appointments or to cancel them as soon as you know you cannot keep them. If you miss an appointment or fail to cancel it by the close of the prior business day, a $25 fee will be charged to your student account, and future appointments may be canceled in order to serve other students.
- You have a responsibility to maintain a current address and phone number in the PSU system in order to facilitate communication. Updates can be made at www.banweb.pdx.edu
- If we refer you to another mental health provider you have a responsibility to follow through with the referral, and to alert Counseling Services if it is not viable.
- Photo identification is required for services.

Confidentiality

In accordance with state and federal law and professional ethical guidelines, Counseling Services maintains confidential records of all client contacts. In general, no information about your contact with Counseling Services will be disclosed to parties outside of Counseling Services or Student Health Services without your written request.

There are some exceptions to confidentiality however. Therapists may be required to release certain information in any of the following situations: (1) if you indicate an intent to harm yourself or others; (2) if you reveal abuse or neglect of a child, or of an elderly or disabled adult; (3) if a court of law orders disclosure of information about your treatment; or (4) if you initiate legal proceedings regarding your treatment, or use mental illness as a defense in a criminal or civil action.

In addition, if you receive medical treatment from Student Health Services, your therapist may share limited information with your provider as necessary to ensure optimal care; and brief notes about your treatment at Counseling Services may be included in your Student Health Services chart.

Counseling Services records are retained for a minimum of seven years. If you wish to read your records you must make an appointment with a Counseling Services therapist; if you wish to obtain a copy of the records you must also pay a fee based on the number of pages. Please be aware that obtaining a copy of your records will decrease your rights to confidentiality within PSU and other university systems.

Consent

Please sign below to indicate that you have read and understood the information in this document, and consent to receiving services at Counseling Services.

Printed Name: __________________________                PSU ID# ______________________
Signature (required): ________________________________________    Date: ____/_____/_______

Most Counseling Services therapists videotape their sessions so that they may consult with other Counseling Services therapists about your care. Tapes are never seen by anyone other than a Counseling Services therapist, and are typically erased within two weeks (and no later than the term end). Please sign below to give permission for your Counseling Services therapist to videotape or audiotape your sessions.

Signature (required): ________________________________________    Date: ____/_____/_______

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