

# Summit Wellness Centers, PLLC

PO Box:  
211 Arden, NC 28704

## Client Information Survey (Completed by Client)

Date: \_\_\_\_\_

In order to better serve you, we would appreciate the following information. Please complete this questionnaire as fully and accurately as you can.

**Please Print:**

Client Name: \_\_\_\_\_

Sex: \_\_\_\_\_ M \_\_\_\_\_ F

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Marital Status: \_\_\_\_\_

Years Married: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

(Completing this is an "opt-in" and signifies your comfort with electronic communications from our office regarding appointments or newsletters).

Phone Number (H): \_\_\_\_\_

(cell): \_\_\_\_\_

(Cell phones are not as secure as land-lines, but often our clients prefer this method of contact. Completing this signifies your comfort with cell phone communications with our office).

May we leave you a message at any of these phone numbers? Yes No

If no, please specify how you would like us to contact you. \_\_\_\_\_

If the client is a child/adolescent, who has legal custody? (\*If joint custody, a signed agreement must be completed by both guardians. Please speak with office for this agreement prior to first appointment).

School Information: School: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Special Educational Placements: \_\_\_\_\_

List other family members/significant others living in the home:

<u>Name</u>	<u>Age</u>	<u>Relationship to Client</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

List other children not living in the home:

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Work/School**

Current Employer/School \_\_\_\_\_ Location \_\_\_\_\_  
If in school or college, Current Grade/Year \_\_\_\_\_ Highest grade ever completed \_\_\_\_\_

Please explain any problems/concerns with Work/School (change of jobs/schools, firing, suspensions, grades, etc...)

\_\_\_\_\_  
\_\_\_\_\_

**HEALTH**

Client Physician/Pediatrician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Date of last appointment with any doctor: \_\_\_\_\_

Date of last complete physical exam: \_\_\_\_\_

Current Health: \_\_\_ good \_\_\_ fair \_\_\_ poor

Explain:

Have you ever experienced/been diagnosed with any of the following and if so when?

Arthritis _____	Cancer _____	Diabetes _____	Hearing/Vision Pr. _____
Heart Disease _____	Brain Injury _____	High/Low Blood Pressure _____	Kidney Disease _____
Stroke _____	Seizures _____	Fainting Spells _____	Lung Problems _____
Cirrhosis _____	Infertility _____	Low Blood Sugar _____	STD's _____
Thyroid _____	Pancreatitis _____	Migraines _____	Eating Disorder _____
Weight gain/loss _____		Alcohol/Drug Use _____	Other _____

Do you have other medical concerns not mentioned? (Please list other health problems, surgeries, limitations, or disabilities): \_\_\_\_\_

Is client pregnant? \_\_\_ Y / N Due date: \_\_\_\_\_

Please note any important medical or mental health problems in your family: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If client is a child/adolescent, please note any concerns/abnormalities with pregnancy, birth or childhood development: \_\_\_\_\_

**Medications:**

If you are presently taking any medications, please complete graph below:

Name	Dosage	Frequency	Start Date -- End Date	Reason/Effectiveness	Prescribed By

Do you take your meds as prescribed? \_\_\_ Y \_\_\_ N If no, please explain: \_\_\_\_\_

\_\_\_\_\_

**Substance Abuse**

Has anyone *in your family* had a history of alcohol/drug use? \_\_\_\_ Yes \_\_\_\_ No

If yes, explain: \_\_\_\_\_

Please describe *your* history or current abuse of the following substances:

(include age of first use, current frequency, date of last use, and average monthly cost)

Alcohol: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Drugs: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prescription Meds: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Has drinking and/or drug use ever caused you problems in the following areas (please circle):

Family      School      Employment      Legal      Emotional      Relational      Health

**Legal**

Please tell us about any previous or current legal or court involvement (ie. Arrests or pending charges): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Previous Treatment**

Have you ever received any type of *outpatient* mental health counseling in the past? \_\_\_\_\_

If so, where, and what was the outcome? \_\_\_\_\_

Have you ever seen another clinician in our center? \_\_\_\_\_

Please list any previous *inpatient* mental health or substance abuse treatment:

<u>Facility Name/Location</u>	<u>Date</u>	<u>Reason</u>	<u>Response to Treatment</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Trauma History**

Do you have a history of physical, emotional, or sexual abuse, domestic violence, or physical trauma?

If yes, please briefly explain (your counselor will discuss further): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Beliefs**

What is your belief about God? \_\_\_\_\_  
\_\_\_\_\_

Do you currently attend a church? \_\_\_\_\_ If so, where? \_\_\_\_\_

**Family History:**

What words would you use to describe the family you grew up in? \_\_\_\_\_  
\_\_\_\_\_

**Relationships**

What concerns do you have regarding current relationships? \_\_\_\_\_  
\_\_\_\_\_

**Today's Appointment**

Explain in your own words why you have made this appointment today (your counselor will discuss this with you in more detail): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**On a scale of 1-10, how do you estimate the current severity of this problem/concern?  
(1=Mildly upsetting, but tolerable 10= Incapacitating, not tolerable)**

What is your goal of treatment? \_\_\_\_\_  
\_\_\_\_\_

What action(s) have you already taken regarding this issue? \_\_\_\_\_  
\_\_\_\_\_

What do you perceive to be your strengths/abilities that will assist you in the process of achieving your goal? \_\_\_\_\_  
\_\_\_\_\_

What personal weaknesses or vulnerabilities may hinder your success? \_\_\_\_\_  
\_\_\_\_\_

How did you hear about our counseling center or the specific counselor that you are seeing today? \_\_\_\_\_  
\_\_\_\_\_

\*Other information you feel is important that wasn't asked about: \_\_\_\_\_  
\_\_\_\_\_

*Summit Wellness Centers, PLLC*

**REGISTRATION AND INSURANCE INFORMATION**

Today's Date: \_\_\_\_\_

Client: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Client Social Security Number (for insurance purposes only):

Social Security Number of the insured: \_\_\_\_\_ DOB of insured: \_\_\_\_\_

Spouse Name: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: (H): \_\_\_\_\_ (W): \_\_\_\_\_ (C): \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

**Insurance Information**

Are you covered by health insurance? (circle)                      Yes                      No

Primary Insurance

Secondary Insurance

Name of insurance: \_\_\_\_\_

\_\_\_\_\_

Insured's Name: \_\_\_\_\_

\_\_\_\_\_

Insured's Social Security #: \_\_\_\_\_

\_\_\_\_\_

Insured's Date of Birth: \_\_\_\_\_

\_\_\_\_\_

Policy # / Group #: \_\_\_\_\_

\_\_\_\_\_

Relationship to Client: \_\_\_\_\_

\_\_\_\_\_

**Note: We will file insurance claims for you. However, you are responsible for any deductible, non-covered charges, or co-payments which may apply. This responsibility, due at the time of service, is a result of your contract with your insurance company. Refusal to pay your contractual obligation is fraudulent.** As a courtesy, we will verify your insurance benefits. However, we recommend that you also personally verify your behavioral or mental health benefits with your insurance company. In the event that insurance payments differ from the information we receive from your insurance company, you will be billed for any remaining balance owed. Being referred to our clinic by another physician does not guarantee that your insurance will cover our services.

I authorize any holder of medical or other information about me to release Social Security Administration, any Health Care Financing Administration or its intermediaries or carrier of any other commercial insurance company, any information needed for this claim. I permit a copy of this authorization to be used in place of the original, and request payment of medical insurance benefits to Summit Wellness Centers.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

**Summit Wellness Centers, PLLC**

**PO Box 211  
Arden, NC 28704**

**Payment Policy:**

It is the policy of Summit Wellness Centers, PLLC that payment is due at the time of service unless other financial arrangements are made in advance. In order to complete this process efficiently, Summit Wellness Centers, PLLC will maintain secure records of our clients' credit /debit card. Your card will be billed for the deductible, copay and/or coinsurance payment. Your card will also be charged for no-show appointments on the date of service you were scheduled.

By paying via credit/debit card, you acknowledge that this credit/debit card information will be automatically kept on file via PCI-compliant encrypted code with the following credit card processor: TSYS (CAYAN). Health Savings Account cards can be kept on file as the primary form of payment but there must be a back-up credit/debit card on file in case HSA funds are depleted.

I (we), the undersigned, authorize and request Summit Wellness Centers, PLLC to charge my credit/debit card, which I provide, for any balances due for services rendered that my insurance company identifies as my financial responsibility. If uninsured, or in the event of no-show appointments, I authorize Summit Wellness Centers, PLLC to charge my credit/debit card for my balance due. Please remember that you are 100 percent responsible for all charges incurred: your physician's referral and our verification of your insurance benefits are not a guarantee of payment. We highly recommend you also contact your insurance carrier and check into your coverage for behavioral health services. This authorization will remain in effect until I(we) cancel this authorization. To cancel, I(we) must give a 60 day notification to Summit Wellness Centers, PLLC in writing and the account must be in good standing.

**Cancellation/No-Show Policy:**

*If for any reason you need to cancel an appointment, you must call at least 24 hours prior to the appointment to reschedule. Otherwise, you will be charged for the time that was reserved for you.* If you repetitively cancel appointments, we reserve the right to discontinue services. Because of high demand for our services, we keep a waiting list of those who desire to have appointments and are waiting for an opening. This cancellation and no-show policy assures that we are being good stewards of the number of sessions our counselors can provide and allows us to best serve our clients. We appreciate your cooperation and partnership in this matter as we seek to serve our community.

**Signed Agreement:**

I understand and agree to the preceding information regarding the cancellation/no-show policy and the financial requirements/payment policy for services rendered.

Client Name \_\_\_\_\_ Date \_\_\_\_\_

Client Signature \_\_\_\_\_

***Summit Wellness Centers, PLLC***

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211 Arden, NC 28704**

**Health Insurance Portability Accountability Act (HIPAA)**

**Client Rights & Therapist Duties**

This document contains important information about federal law, the Health Insurance Portability and Accountability Act (HIPAA), that provides privacy protections and patient rights with regard to the use and disclosure of your Protected Health Information (PHI) used for the purpose of treatment, payment, and health care operations. HIPAA requires that I provide you with a Notice of Privacy Practices (the Notice) for use and disclosure of PHI for treatment, payment and health care operations. The Notice, which is attached to this Agreement, explains HIPAA and its application to your PHI in greater detail. The law requires that I obtain your signature acknowledging that I have provided you with this. If you have any questions, it is your right and obligation to ask so we can have a further discussion prior to signing this document. When you sign this document, it will also represent an agreement between us. You may revoke this Agreement in writing at any time. That revocation will be binding unless I have taken action in reliance on it.

**LIMITS ON CONFIDENTIALITY**

The law protects the privacy of all communication between a patient and a therapist. In most situations, I can only release information about your treatment to others if you sign a written authorization form that meets certain legal requirements imposed by HIPAA. There are some situations where I am permitted or required to disclose information without either your consent or authorization. If such a situation arises, I will limit my disclosure to what is necessary. Reasons I may have to release your information without authorization:

1. If you are involved in a court proceeding and a request is made for information concerning your diagnosis and treatment, such information is protected by the psychologist-patient privilege law. I cannot provide any information without your (or your legal representative's) written authorization, or a court order, or if I receive a subpoena of which you have been properly notified and you have failed to inform me that you oppose the subpoena. If you are involved in or contemplating litigation, you should consult with an attorney to determine whether a court would be likely to order me to disclose information.
2. If a government agency is requesting the information for health oversight activities, within its appropriate legal authority, I may be required to provide it for them.
3. If a patient files a complaint or lawsuit against me, I may disclose relevant information regarding that patient in order to defend myself.

4. If a patient files a worker's compensation claim, and I am providing necessary treatment related to that claim. I must, upon appropriate request, submit treatment reports to the appropriate parties, including the patient's employer, the insurance carrier or an authorized qualified rehabilitation provider.
5. I may disclose the minimum necessary health information to my business associates that perform functions on our behalf or provide us with services if the information is necessary for such functions or services. My business associates sign agreements to protect the privacy of your information and are not allowed to use or disclose any information other than as specified in our contract.

There are some situations in which I am legally obligated to take actions, which I believe are necessary to attempt to protect others from harm, and I may have to reveal some information about a patient's treatment:

1. If I know, or have reason to suspect, that a child under 18 has been abused, abandoned, or neglected by a parent, legal custodian, caregiver, or any other person responsible for the child's welfare, the law requires that I file a report with the North Carolina Abuse Hotline. Once such a report is filed, I may be required to provide additional information.
2. If I know or have reasonable cause to suspect, that a vulnerable adult has been abused, neglected, or exploited, the law requires that I file a report with the North Carolina Abuse Hotline. Once such a report is filed, I may be required to provide additional information.
3. If I believe that there is a clear and immediate probability of physical harm to the patient, to other individuals, or to society, I may be required to disclose information to take protective action, including communicating the information to the potential victim, and/or appropriate family member, and/or the police or to seek hospitalization of the patient.

## **CLIENT RIGHTS AND THERAPIST DUTIES**

### **Use and Disclosure of Protected Health Information:**

- ***For Treatment*** - We use and disclose your health information internally in the course of your treatment. If we wish to provide information outside of our practice for your treatment by another health care provider, we will have you sign an authorization for release of information. Furthermore, an authorization is required for most uses and disclosures of psychotherapy notes.
- ***For Payment*** - We may use and disclose your health information to obtain payment for services we provide to you as delineated in the Therapy Agreement.
- ***For Operations*** - We may use and disclose your health information within as part of our



internal operations. For example, this could mean a review of records to assure quality. We may also use your information to tell you about services, educational activities, and programs that we feel might be of interest to you.

#### **Patient's Rights:**

- **Right to Confidentiality** - You have the right to have your health care information protected. If you pay for a service or health care item out-of-pocket in full, you can ask us not to share that information for the purpose of payment or our operations with your health insurer. We will agree to such unless a law requires us to share that information.
- **Right to Request Restrictions** - You have the right to request restrictions on certain uses and disclosures of protected health information about you. However, I am not required to agree to a restriction you request.
- **Right to Receive Confidential Communications by Alternative Means and at Alternative Locations** - You have the right to request and receive confidential communications of PHI by alternative means and at alternative locations.
- **Right to Inspect and Copy** - You have the right to inspect or obtain a copy (or both) of PHI. Records must be requested in writing and release of information must be completed. Furthermore, there is a copying fee charge of \$1.00 per page. Please make your request well in advanced and allow 2 weeks to receive the copies. If I refuse your request for access to your records, you have a right of review, which I will discuss with you upon request.
- **Right to Amend** - If you believe the information in your records is incorrect and/or missing important information, you can ask us to make certain changes, also known as amending, to your health information. You have to make this request in writing. You must tell us the reasons you want to make these changes, and we will decide if it is and if we refuse to do so, we will tell you why within 60 days.
- **Right to a copy of this notice** - If you received the paperwork electronically, you have a copy in your email. If you completed this paperwork in the office at your first session a copy will be provided to you per your request or at any time.
- **Right to an Accounting** - You generally have the right to receive an accounting of disclosures of PHI regarding you. On your request, I will discuss with you the details of the accounting process.
- **Right to choose someone to act for you** - If someone is your legal guardian, that person can exercise your rights and make choices about your health information; we will make sure the person has this authority and can act for you before we take any action.
- **Right to Choose** - You have the right to decide not to receive services with me. If you wish, I will provide you with names of other qualified professionals.
- **Right to Terminate** - You have the right to terminate therapeutic services with me at any time without any legal or financial obligations other than those already accrued. I ask that you discuss your decision with me in session before terminating or at least contact me by phone letting me know you are terminating services.
- **Right to Release Information with Written Consent** - With your written consent, any

part of your record can be released to any person or agency you designate. We will discuss whether or not I think releasing the information in question to that person or agency might be harmful to you.

**Therapist's Duties:**

- I am required by law to maintain the privacy of PHI and to provide you with a notice of my legal duties and privacy practices with respect to PHI. I reserve the right to change the privacy policies and practices described in this notice. Unless I notify you of such changes, however, I am required to abide by the terms currently in effect. If I revise my policies and procedures, I will provide you with a revised notice in office during our session.

**Disclosure to Health Information Exchanges: (For NC State Health Insurance Plans)**

This facility participates in the North Carolina Health Information Exchange Network, called NC HealthConnex, which is operated by the North Carolina Health Information Exchange Authority (NC HIEA). We will share your protected health information, or PHI, with the NC HIEA and may use NC HealthConnex to access your PHI to assist us in providing health care to you. We are required by law to submit clinical and demographic data pertaining to services paid for with funds from North Carolina programs like Medicaid and State Health Plan. We may also share other patient data with NC HealthConnex not paid for with state funds. If you do not want NC HealthConnex to share your PHI with other health care providers who are participating in NC Health Connex, you must opt out by submitting a form directly to the NC HIEA. Forms and brochures about NC HealthConnex are available in our offices and online at [NCHealthConnex.gov](http://NCHealthConnex.gov). You may also contact our Privacy Office at (828)-692-6383. Again, even if you opt out of NC HealthConnex, we will submit your PHI if your health care services are funded by State programs. Your patient data may also be exchanged or used by the NC HIEA for public health or research purposes as permitted or required by law. For more information on NC HealthConnex, please visit [NCHealthConnex.gov/patients](http://NCHealthConnex.gov/patients).

**COMPLAINTS**

If you are concerned that I have violated your privacy rights, or you disagree with a decision I made about access to your records, you may contact me, the State of North Carolina Department of Health, or the Secretary of the U.S. Department of Health and Human Services.

**YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THIS AGREEMENT AND AGREE TO ITS TERMS AND ALSO SERVES AS AN ACKNOWLEDGEMENT THAT YOU HAVE RECEIVED THE HIPAA NOTICE FORM DESCRIBED ABOVE.**

**Client/Legal Guardian Signature**

**Date**

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**Printed Name**

---

**Client/Legal Guardian Signature**

**Date**

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**Printed Name**

---

**Donna Gibbs, LCMHCS, HIPAA Compliance Officer**

Chad Barron, M.S., LMFT  
Summit Wellness Centers, PLLC  
828.692.6383/ cbarron@summitwellnesscenters.com  
1293 Hendersonville Rd., Building A, Ste 23  
Asheville, NC 28803



**SUMMIT**  
WELLNESS CENTERS, PLLC

## DECLARATION OF PRACTICES AND PROCEDURES

I am pleased you have selected me as your therapist. This document provides you with information regarding my background and the nature of our professional relationship. We will discuss any of your questions about this information or other preliminary matters at the beginning of our work together today.

**Qualifications and Experience** In 2006 I received my Bachelor of Arts in Youth and Family Ministry with a Minor in Psychology from Harding University in Searcy, Arkansas. After serving in youth ministry in Missouri and Florida for nearly 8 years, I felt called to increase my knowledge and skills to better come alongside teens and families struggling with more severe relational and mental health challenges. I returned to Harding and received my Master of Science in Marriage and Family Therapy and Mental Health Counseling in July of 2016. I am currently a fully licensed Marriage and Family Therapist in the state of North Carolina.

Since entering the mental health field in addition to private practice I have served as a Substance Abuse Counselor in a medically assisted treatment clinic, an Intensive In-Home Therapist to children struggling with substance abuse, behavior issues, and co-occurring disorders, and both as a Primary and a Family Therapist in a residential treatment center for adolescent boys suffering from substance abuse and co-occurring disorders.

**Clients Served** I provide therapy with individuals, couples, families and groups dealing with a wide range of therapeutic issues. I work with adults and adolescents in the context of families.

**Areas of Focus** I specialize in the practice of marriage and family therapy with experience in working with marital difficulties, problems of childhood and adolescence, parenting, blended families, and other family issues. I am experienced in dealing with depression and anxiety, grief and loss, adjustments to life stressors, addictive behaviors, and spiritual and religious issues.

**The Counseling Relationship—What to Expect from Therapy** I believe in the healing and transforming power of relationships, and have found through study and experience that most healing change comes in the context of that human desire to connect with the Divine. Therefore, most of my therapy addresses the observable, interactional problems we encounter in our relationships, as well as how we think, feel, and make meaning about them.

You can expect to work inside and outside the counseling room. On occasion, I may suggest that you read books or interact with some assignment. Change is seldom quick and easy. Therefore, your consistent and ongoing effort will be very necessary.

My therapeutic approach is integrative, and pulls from several different schools of thought with the intention of developing a wholistic view of the self that results in a practice that is ethical, evidence-based, and in harmony with a biblically sound Christian worldview. Therapeutically, I



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work from a family systems perspective, emphasizing the importance of a family as an interrelated group of people who both affect and are affected by each other's behaviors. My work can be described as solution-focused and experiential. I am influenced by the work of great therapists such as Paul Watzlawick and others at the MRI Group, Carl Whitaker, Dan Wiles, Murray Bowen, the Milan Group, Salvador Minuchin, and other systems thinkers.

My approach focuses on looking at patterns of relating with others as a way of understanding how you think, believe, and behave towards life. Because we look at patterns, we will be looking at your family's whole life, not just the part of your life dealing with an immediate problem. We will talk about the pain that you are experiencing and the strategies that you are employing to deal with that pain.

The clients I work with seek counseling for a large variety of reasons. My training and experience enable me to assist most of the clients I see. I am not trained to treat medical issues and I am not trained to treat all psychological issues. There may be occasions where I will need to refer you to other medical, psychological or psychiatric professionals in order to better assist you. We will talk together about this in the process of our work together if referring becomes a necessity.

**Physical Health** In order to better serve your needs, I strongly recommend that you have a complete physical examination if you have not had one within the past year to rule out any medical complication that may be contributing to your mental health needs. Also, please provide a list of any medications that you may be taking as well as any medical conditions.

**Potential Counseling Risks** Recognizing that therapy addresses difficult issues, you must commit to the possibly painful process of change. This change should be beneficial to you and/or your family; however, there are some risks. As a result of counseling, you may realize that you have additional issues that may not have surfaced prior to the onset of the counseling relationship. Some of the issues we deal with may evoke uncomfortable emotions like sadness, guilt, anxiety, anger or frustration. In addition, some of our work may lead to what seems to be worsening of circumstances or even losses (for example, the result of counseling cannot promise that your child academically improves, or more intense emotion may be stirred in your marriage). These feelings are normal to the counseling process but are likewise unpleasant. Sometimes individuals in marital or family therapy find that spouses or family members are not willing to change. Other risks include emergence of traumatic memories, major life decisions such as staying married or divorcing, etc. I will attempt to inform you of potential risks specific to our work. Despite these risks, our goal will always be to examine the struggles in light of Christ's love and sacrifice for us.

**Client Responsibilities** Your commitment to the counseling process indicates that you agree to make a good faith effort at personal growth and to engage in the counseling process as an important priority at this time in your life. You agree to complete assignments given or discuss any reasons for resistance. Your welfare is most important in professional counseling. Due to the inherent conflict of interest on the part of the therapist who is working with a couple and/ or family, an individual seeking help in the context of a relationship with a partner/spouse/ family member(s) also agrees to refrain from requesting records and/or subpoenaing this therapist for testimony in the event that court proceedings develop at a later date. Clients coming from



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another therapist must first terminate with that therapist. Clients must make their own decisions regarding such things as deciding to marry, separate, divorce, reconcile, and how to set up custody and visitation. That is, I will help you think through the possibilities and consequences of decisions, but my Code of Ethics does not allow me to advise you to make a specific decision. You are expected to keep appointments. I reserve the right to charge for the full session fee for cancelations or no-shows without 24-hour prior notice. Missing two appointments without 24-hour advanced notice may lead to termination of the counseling relationship. If you are seeking therapy with me in conjunction with another ongoing professional mental health relationship, you must first consult and inform the first therapist before I can begin work with you. You must notify me before beginning therapy with any other mental health professional that might impact our therapeutic relationship

**Privileged Communications and Confidentiality** All of our sessions will remain strictly and absolutely confidential except for the following circumstances in accordance with state law: (1) The client signs a written release of information indicating informed consent to such release; (2) The client expresses a clear and imminent intent to do serious harm to himself/herself or someone else; (3) there is evidence or reasonable suspicion of abuse/neglect against a minor child, elder person (65 or older), or disabled adult; or (4) a subpoena or other court order is received directing the disclosure of information. Verbal authorization will not be sufficient except in emergency situations. When providing couple, family or group therapy, I cannot disclose any information outside the treatment context without a written authorization from each individual competent to execute a waiver. Also note that if you use third party insurers, such as health insurance policies, HMO, EAP, or PPO plans, you must sign a release of information and all information will be disclosed including diagnostic information which is part of the client's records. Client(s) agree to work with Summit Wellness Centers, PLLC associates and contractors, when needed for scheduling, coordinating insurance benefits, and handling logistical concerns such as payment, documentation, etc... When working with a family or couple, information shared by individuals in sessions where other family members are not present must be held in confidence (except for the mandated exceptions already noted) unless all individuals involved sign written waivers. Clients may refuse to sign such a waiver but should be advised that maintaining confidentiality for individual sessions during couple or family therapy could impede or even prevent a positive outcome to therapy. Please note that our clinical team shares limited information for purposes of consultation and supervision in order to better serve clients. All of the individuals on our clinical team maintain confidentiality guidelines.

**Clinical Diagnoses** Diagnosis becomes a permanent part of one's medical record. It is intended for the purpose of matching the most effective treatment approach with each person's unique problems. In general, the diagnosis is about defining the problem, not the person. You should be aware that your contract with your health insurance company requires that we provide it with information relevant to the services that we provide to you.

**Litigation Limitation** Given that certain types of litigation (such as child custody suits) may lead to the court-ordered release of information without your consent, it is expressly agreed that should there be legal proceedings (such as, but not limited to, divorce and custody disputes, injuries, lawsuits, etc...) neither you or any attorney, or anyone else acting on your behalf, will ask me to testify in a deposition or in court or in any other legal proceeding, nor will a disclosure



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of the medical record and/or progress notes be requested. If you are seeking custody evaluations, or legal or court related assistance, we are happy to refer you to someone who specializes in that area.

**Fees, Office Procedures, and Length of Therapy** Therapy sessions are normally approximately 55 minutes, and depending on the nature of the presenting problem, sessions are usually held one time per week. I provide focused, goal-centered therapy and services. Appointments are typically set at the close of each session. Appointments may be scheduled, rescheduled, or cancelled via phone, email, or our client portal. The initial evaluation fee is \$140. The fee for 55+ minute follow-up sessions is \$130. Sessions abbreviated to 45 minutes or less are \$110. Payments must be made at each session. If you have an insurance plan that provides coverage for this service, we will be happy to file a claim for you. If I am out-of-network with your insurance company, I am happy to provide you with a superbill so that you can submit it to your insurance company for your reimbursement. You are responsible for payment of your deductible and co-pays. Cash, credit, and personal checks are acceptable methods of payment. If you must cancel an appointment, please call at least 24 hours prior to the appointment. Otherwise, you will be charged the \$50 administrative "no show" fee per our Payment and Cancellation policy. Besides weekly appointments, I charge my standard hourly fee for other professional services you may request, including report writing, phone conversations, consultations with other professionals per your request, or preparation of treatment summaries. As stated earlier, your signature on this disclosure ensures that I will not be called to testify in legal related matters. If, despite this consent, I am required to participate in legal proceedings, you will be expected to pay for all my professional time and transportation costs. Because of the difficulty of legal involvement, I charge \$200 per hour for my professional time spent in consultation with attorneys, report writing, preparation, and attendance at legal proceedings.

**Informed Consent to Telehealth** If recommended and/or requested, and you have already had an initial face to face intake, and you are located in NC, telehealth services may be provided through a HIPPA compliant, encrypted portal. Telehealth services utilize two-way, real-time interactive audio and video capabilities in providing services to clients. All confidentiality guidelines, laws, and treatment expectations for face-to-face treatment, as described elsewhere in the professional disclosure statement also apply in the venue of telehealth. Fees will be the same as that of face-to-face services. Clients who choose to utilize this venue will be provided instruction for logging on to the portal. Signing this consent signifies your understanding of the inherent risks with telehealth services, including, but not limited to, the transmission of private health information being disrupted, distorted, or compromised. Recording or dissemination of any personally identifiable images or information from the telehealth interaction is prohibited.

**Code of Conduct** I adhere to the Code of Ethics of the American Association for Marriage and Family Therapy. Copies of this code are available on request. I also am committed to a life of service that is submissive to the teachings of Jesus Christ. If you have a complaint that you believe requires outside intervention you can contact the North Carolina Marriage and Family Therapy Licensure Board through their website at <https://www.ncbmf.org/complaint/>

**Emergency Situations** Since I provide outpatient diagnostic and psychotherapy services only, I cannot guarantee around-the-clock availability. After hours, you may leave a voice mail



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message at 828-692-6383, and our office will return your call as soon as possible. Therefore, if you should experience an emotional or behavioral crisis, and I cannot be reached immediately by telephone, you can contact a local medical or psychiatric hospital or call 911 or 1-800-273-TALK (8255).

**Please Ask Questions** You may have questions about me, my qualifications, the therapy process, assessments, fees, or something that has not been addressed in the previous paragraphs. It is your right to have a complete explanation for any of your questions at any time.

**PROFESSIONAL SERVICES CONTRACT:**

We, the undersigned, have read, discussed together, and fully understand and agree to the contents of this declaration statement. The client has this day retained Chad Barron, M. S., LMFT to provide psychotherapy and/or family therapy. It is expressly understood that Chad Barron has not issued, and will not issue, any guarantee of cure or treatment effects, number of sessions necessary, or total cost of service. It is further understood that Chad Barron shall be obligated to maintain a reasonable standard of care in accordance with the Code of Ethics for Licensed Marriage and Family Therapists. The client agrees that all fees shall be due and paid at the time of treatment and payments in arrears over two sessions will result in ceasing therapy until the balance is made current.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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**Summit Wellness Centers, PLLC**

PO Box:  
211 Arden, NC 28704

**Services and Policy Consent Form**

**Location – Based Tracking**

If you have location tracking enabled on your mobile phone, it is possible that others may identify your location at our office. Please be aware of your risks of exposing your privacy should you continue utilizing this service on your personal technology.

**Social Media Policy**

Our Summit Facebook page is a passive page. Comments are intentionally disabled to protect privacy, and to ensure that a non-multiple relationship is maintained. (If you choose to comment, you will see the comment, but others will not). If you desire to follow the blog, or learn of upcoming events, we encourage you to follow the social media link without actually creating a visible public link to the page, as “fanning” could potentially compromise your privacy. You may use your own discretion in choosing whether to follow a professional page, or the Summit page, on these sites.

Though you may follow the *professional* author page of Donna Gibbs, or any other Summit contractor, or the Summit Wellness Centers page, Summit counselors will not accept requests from current or previous clients to friend on any *personal* social media sites. This constitutes a multiple relationship, and has the potential of compromising your confidentiality. For the same reason, we request that clients do not communicate with counselors via messaging on any interactive social networking sites. If you need to contact your counselor, please contact our office, or utilize our TherapyAppointment portal, which provides an encrypted, HIPAA compliant platform.

**Search Engine**

Though it is not a regular part of our practice to search for clients on search engines, at times we may conduct a web search on clients, before the beginning of therapy, or during therapy. If you have concerns or questions regarding this practice, please discuss it with your counselor.

**Testimonials**

Our primary concern is your privacy. Confidentiality means that we take great measures to protect your privacy. This is why we do not request testimonials. However, you are welcome to tell anyone you wish that you are receiving services from Summit, and how you feel about the services provided you, in any forum of your choosing.

We're glad you chose Summit Wellness Centers, and we look forward to the journey ahead!

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Client Signature

---

Date



*Summit Wellness Centers, PLLC*

**Authorization to Release/Exchange Confidential Records and Protected Health Information**

**Client:** \_\_\_\_\_

**Date:** \_\_\_\_\_

I hereby authorize *Summit Wellness Centers* to disclose/obtain/exchange mental health treatment information and records obtained in the course of treatment of client, including, but not limited to, provider's diagnosis of client, to/from/with the person(s) below: (both parties have my permission to exchange information regarding my treatment).

*(List individual/office/facility)*

**Name:** \_\_\_\_\_

**Relationship:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

This authorization may include the following exchange of information: (please *circle* individual items below only if you are limiting areas you want to identify for release. Otherwise, all below areas are included in this release and it is not necessary to circle. Summit only releases minimum amount necessary per request). Referral information, relevant history or diagnoses, treatment planning, evaluation results, continuity of care, insurance information, Inpatient and/or outpatient treatment records for physical and/or psychological, psychiatric, or emotional illness or drug or alcohol abuse, treatment notes and summaries, treatment plans, social histories, assessments, recommendations, and similar documents, information about how the client's condition affects or has affected his or her ability to complete tasks, activities of daily living, or ability to work, and billing records. When requested of information, Summit only releases minimum information necessary to complete request; typically in the form of a brief letter with dates of treatment and summary of progress.

**Circle below if this release is for billing/confirmation of attendance purposes only:**

**Billing/Confirmation of Attendance ONLY**

**Please explain below any additional limitations to this release (anything you do not want Summit to release):**

\_\_\_\_\_

*Communicable diseases, HIV-related information and drug and alcohol information contained in these records will be released under this consent unless indicated by your initial here: \_\_\_\_\_ Do not release.*

I understand that no services will be denied me/the client solely because I refuse to consent to this release of information, and that I am not in any way obligated to release information. I do sign this release because I believe that it is necessary to assist in the development of the best possible treatment plan for me/the client. The information disclosed may be used in connection with my/the client's treatment. The purpose of the release may include continuation of care, legal purposes, or insurance purposes.

In consideration of this consent, I hereby release Summit from any and all liability arising from the release. I understand that information used or disclosed pursuant to this authorization may be subject to redisclosure by the recipient and may no longer be protected by the HIPAA privacy rule.

I understand that I may void this request/authorization, except for action already taken, at any time by means of a written letter revoking the authorization and transfer of information, but that this revocation is not retroactive. If I do not void this request/authorization, it will automatically expire one year from the date below.

I agree that a photocopy of this form is acceptable, but it must be individually signed by me, the releaser, and a witness if necessary. I affirm that everything in this form that was not clear to me has been explained. I also understand that I have the right to receive a copy of this form upon my request.

\_\_\_\_\_  
Client / Parent / Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date