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Portland Lifestyle Counseling, LLC
503-309-1163

Flower Essence Consultations Consent and Agreement

This is a lengthy form, please read carefully before signing.

CONFIDENTIALITY: All information disclosed within sessions and the written records pertaining to those sessions are confidential and may not be revealed to anyone without your (client's) written permission, except where disclosure is required by law.

Oregon Law requires the following exceptions to absolute confidentiality:

- **If a consultant is subpoenaed to testify in court, she may have to share information without your permission.** Disclosure may be required pursuant to legal proceedings by or against you. If you place your mental status at issue in litigation initiated by you, the defendant may have the right to obtain the counseling records and/or testimony by the counselor. In couple and family therapy, or when different family members are seen individually, even over a period of time, confidentiality and privilege do not apply between the couple or among family members, unless otherwise agreed upon. The consultant will use her clinical judgment when revealing such information. The consultant will not release records to any outside party unless she is authorized to do so by all adult family members who were part of the treatment.
- **If a consultant learns from a client or when there is reasonable suspicion that child physical, sexual, emotional abuse and /or neglect has occurred,** state law requires that consultant make a report to state authorities or local police.
- **If a client tells a consultant that she/he intends or plans to murder or bring serious harm to an individual or others or to property** the consultant is required to disclose this information to the police and warn the potential victim.
- **If the client discloses intent to harm themselves or presents as a danger to themselves or are gravely disabled or when a clients family member communicates to the consultant that the client presents a danger,** the consultant is required to assure your safety and if she can not, is required to disclose this information by reporting this to the police. **Emergencies:** If there is an emergency curing our work together, where the counselor becomes concerned about your personal safety, the possibility of you injuring someone else or about you receiving proper, psychiatric care, she will do whatever she can within the limits of the law, to prevent you from injuring yourself or others and to ensure that you receive the proper medical care. For this purpose, she may also contact the person whose name you have provided on the biographical sheet.

In all of the above situations, you would be informed BEFORE any disclosure of information if at all possible.

Both custodial and non-custodial parents have the legal right to access the treatment records of their minor child (children).

Consultation: The consultant consults regularly with other professionals regarding her clients; however, client's identity remains completely anonymous, and confidentiality is fully maintained.

E - Mails, Cell phones, Computers and Faxes: It is very important to be aware that computers and e-mail and cell phone communication can be relatively easily accessed by unauthorized people and hence can compromise the privacy and confidentiality of such communication. E-mails, in particular are vulnerable to such unauthorized access due to the fact that servers have unlimited and direct access to all e-mails that go through them. Additionally, the consultant's e-mails are not encrypted. Faxes can easily be sent erroneously to the wrong address. The coach's computers are equipped with a firewall, a virus protection and a password and he also backs up all confidential information from his computers into CDs on a regular basis. The CDs are stored securely off-site. Please notify the consultant if you decide to avoid or limit in any way the use of any or all communication devices, such as e-mail, cell-phone or Faxes. If you communicate confidential or highly private information via e-mail, the consultant will assume that you have made an informed decision, will view it as your agreement to take the risk that such communication may be intercepted, and he will honor your desire to communicate on such matters via e-mail. Please do not use e-mail or Faxes for emergencies.

Records and Your Right to Review Them: Both the law and the standards of the consultant's profession require that she keeps appropriate records. Unless otherwise agreed to necessary the coach retains clinical records only as long as is mandated by Oregon state law. If you have concerns regarding the records please discuss them with the coach. As a client, you have the right to review or receive a summary of your records at any time, except in limited legal or emergency circumstances or when the consultant assesses that releasing such information might be harmful in any way. In such a case the consultant will provide the records to an appropriate and legitimate mental health professional of your choice. Considering all of the above exclusions, if it is still appropriate, upon your request, the consultant will release information to any agency/person you specify unless the coach assesses that releasing such information might be harmful in any way.

TELEPHONE & EMERGENCY PROCEDURES: If you need to contact the consultant between sessions, please leave a message on the answering service (503) 309-1163 and your call will be returned as soon as possible. The consultant checks her messages a few times during the daytime only, unless she is out of town. **The consultant is not available for 24 hour a day for crisis telephone calls, emails, or emergencies and does not use a pager service.** If an emergency situation arises, indicate it clearly in your message and if you need to talk to someone right away call Multnomah County 24 hour a day crisis line at 503-988-4888 if you live in Portland, your primary care physician, or call 911. You can also go to your local emergency room. Please do not use e-mail or Faxes for emergencies. The counselor does not always check his e-mail or Faxes daily.

PAYMENTS & INSURANCE REIMBURSEMENT: Clients are expected to pay the standard fee of **\$80.00 per hour session or \$40.00 for half hour session. This cost includes one ¼ oz bottle of flower essences.** (Unless a sliding scale fee has been decided by the counselor. If so that fee is _____). The recommended dosage is four drops four times a day- under the tongue or in water or juice. Please be aware that the bottle is ¼ oz – **do not over use the essences** – This bottle should last for the two week period or more. All essences contain a very small portion of brandy alcohol as a preservative. At times I may offer a mix of up to 7 essences offered in a 1 oz bottle depending on client need. This is also included in the cost of your session.

Payment options available via pay pal. Call the consultant before you purchase.

Payment is expected at the end of each session unless otherwise agreed.

There is a \$6.00 charge for NSF checks.

Telephone conversations of no more than 10 minutes between sessions are available at no charge for a limited period or number of calls – beyond that time you will be charged for the telephone session. Please notify the consultant of any problems arise during the course of flower essences service, regarding your ability to make timely payments. The consultant can use legal or other means (courts, collection agencies, etc.) to obtain payment.

THE PROCESS OF FLOWER ESSENCE CONSULTATIONS: Participation in flower essence consultations can result in a number of benefits to you, including achieving greater feeling of balance, increased ability to confront life goals and challenges, increased personal knowledge, and resolution of that which brought you to flower essence consultations. Working toward these benefits, however, requires effort on your part. Flower Essence consultations requires your active involvement, honesty, and openness in order to accomplish your goals. The consultant will ask for your feedback and views on your consultations, progress and other aspects of the flower essence consultation and will expect you to respond openly and honestly. Flower essence consultations may result in decisions about changing behaviors, employment, schooling, housing or relationships. Sometimes a decision that is positive for one family member is viewed quite negatively by another family member. Flower essence consultations are generally a positive and uplifting experience. The consultant expects you to determine what is best for you. To achieve increased personal understanding, goals, and greater balance in your life requires that the client make a commitment to their own good health and that all actions and decisions belong to the client and the client is responsible for the results of those choices and actions not the consultant. The consultant does not guarantee any particular outcome and the client is not under any obligation to follow any recommendations made by the consultant.

Flower essence consultations – what to expect: During the initial consultation I will ask you to complete an intake form and to sign a consultation agreement and consent form before services are rendered. I will also go over the limits to confidentiality, general policies, and answer questions during the initial session. **Full Flower essence consultations consist of at least 3 sessions but a single session is also available.** The first session consist of a full assessment that explores your current issues for service with particular attention to emotional patterns of imbalance, expectations and specific goals or outcomes. I approach our work together as one of guide and helper and will ask you specific questions to target a flower essence that will fit your current pattern of imbalance. There are many flower essences available and the selection of one for use takes skill, intuitive sensitivity, and discernment. I may use flower essence cards (pictures of particular flowers) to help with the selection. I always work collaboratively with you when selecting an essence and you are encouraged to tune into your own inner wisdom and higher self understanding for guidance when deciding on an essence. Affirmations and imagery may also be used. Once an essences is selected you will be asked to use 4 drops, 4 times per day for a period of a week.

If agreed, during the second session we discuss the results of essence use, changes in issues discussed the week before and determine if you have an experience of less energy imbalance and other outcomes as agreed upon during the first session. **Results will vary from person to person** depending on the issues being addressed.

Subsequent sessions, if needed or requested, entail a similar process as outlined above but may include a new essence depending on the situation. Flower essence consultations will consist of sessions that will target goals established by the client, time line for accomplishment, and evaluation of results.

ABOUT FLOWER ESSENCES: Flower essences are a gentle and subtle form of energy balancing that utilizes the vibrational patterns of flowers found in nature and are used to help you find balance with emotional/energy patterns. First developed by Dr. Edward Bach and later developed by others including the Flower Essence Society, it was discovered that in addition to a plant's medicinal and nutritional properties plant flowers have specific vibrational patterns that correspond with various personality types and emotional states in humans, animals and plants.

Physically flower essences are purified water that is infused (flowers are placed in a crystal bowl of purified water and left in the sun for a period of time to infuse the flower's pattern – like photography) with the vibrational pattern of a specific flower type that have been shown to have correspondence with certain emotional/energy patterns in the personality complex. A small portion of brandy alcohol is added to the water and essence to preserve the mixture.

Flower essences are completely safe and are sold with homeopathic remedies at many health food stores and are classified as a dietary supplement under the Dietary Supplement Health Education Act and are not regulated by the Federal Drug Administration as a drug. **Flower essences do not cure, treat, or prevent physical or mental diseases/disorders.** Flower essences do not interact with prescription medications, herbal supplements, or any form of physical/mental treatment and are safe to use with adults, children, animals and plants. **Flower essences are not used as substitution for any medication or mental health treatment** but can be used as an adjunct helper like journaling, creativity, exercise, hobbies, and other form of healthy self care practices.

Termination: After the first 30 minutes of the flower essence consultation if the consultant assesses if she can be of benefit to you. If the consultant and client agree to work together the session will be continued for the full session and you will be charged the full rate. IF the consultant and client find that the services are not a match you will receive the 30 minute consultation for FREE and the session will end. **The consultant does not accept clients who, in her opinion, she cannot help.** In such a case, she will give you a referral to a consultant, if requested, who you can contact. If at any point during consultation the consultant assesses that she is not effective in helping you reach your flower essence goals or that you are non-compliant she is obligated to discuss it with you and, if appropriate, to terminate flower essence consultations. In such a case, she would give you a number of referrals that may be of help to you. If you request it and authorize it in writing, the coach will talk to the consultant of your choice in order to help with the transition. If at any time you want another professional's opinion or wish to consult with another coach, the counselor will assist you with referrals, and if he has your written consent, he will provide her or him with the essential information needed. You have the right to terminate coaching at any time. If you choose to do so, if appropriate, the consultant will offer to provide you with names of other qualified professionals.

CANCELLATION: Since the scheduling of an appointment involves the reservation of time specifically for you, **a minimum of 24 hours notice is required for re-scheduling or canceling an appointment.** Unless we reach a different agreement, the full fee will be charged for sessions missed without such notification. If the counselor is unable to keep an appointment without giving you 24 hours notice, unless there is an emergency that makes it impossible to give such notice, you will receive your next session for free.

I hereby acknowledge and confirm that I am of legal age and can legally consent and hereby consent to flower essence consultations with M. Joy Young, LCSW, CPC. **I have read, understand, and agree with the statements contained in this agreement AND I have read and understand and agree to the policy on confidentiality and emergency availability.** I understand that in agreeing to this I give permission to M. Joy Young, LCSW, CPC **to carry out flower essence consultations only.** M. Joy Young , LCSW **is not** providing any clinical social work, counseling, or coaching services. I also agree to the rate of payment and scheduled

appointments.

I understand that flower essence consultations and flower essence use are for **educational purposes that do not include diagnosis or treatment of physical disease or mental disorders**, nor the prescribing of drugs/pharmaceuticals or the performance of invasive procedures. For physical diagnosis, treatment, medical prescriptions or any other medical procedure please consult with your primary care physician. **I also understand that these services are not intended to replace medical care and will seek medical treatment from a licensed health care provider if required.** I understand that I am under no obligation to follow any recommendations made by M. Joy Young, LCSW, CPC. I for myself, heirs, executors, administrators, and assignees, do hereby release and discharge M. Joy Young, LCSW, CPC and Lifestyle Counseling, LLC or any of its employees from all claims of damages, demands, or actions whatsoever in any manner arising from or growing out of my participation.

Client signature and date