

**Oasis Counseling International**  
**Revised 6-18-04**  
**Right to Counsel**

When you enter into treatment you have the right to know with whom you are engaging, and the process to which you are committing yourself. The following information is provided in order to obtain your fully informed consent.

Oasis Counseling International exists to be a refuge by reflecting God's love and truth to the world. As a result, we desire to nurture individuals and restore them to God's design of wholeness, freedom, and faithfulness.

Clients come to Oasis through word-of-mouth reference, referrals from the Department of Health and Human Services (HHS), the courts, pastors, and other professionals. We have a clinical psychologist on staff who supervises all cases that are referred through HHS, Medicaid, or Options. In addition, if your therapist is working toward licensure, our psychologist supervises each of their cases. All of our counselors come from a Judeo-Christian worldview and this deeply impacts how we view people and their struggles. It is important for you to ascertain the worldview of any therapist you see, whether at Oasis or in another setting, as a therapist's perspective and recommendations are filtered through what they believe about people and problems.

**HOLISTIC COUNSELING**

Counselors at Oasis strive to practice holistic counseling. This involves addressing the following four general areas of life: spiritual, psychological, social (school, parents, extended family, etc.) and physical (both biological and environmental/financial). We recognize that our struggles often overlap in several of these areas, and ask your permission to bring them into the therapeutic relationship as necessary. The spiritual area, as with all the other areas, is handled on an individual basis. We acknowledge that people hold differing beliefs regarding spiritual issues, and we seek to be sensitive and appropriate when we approach this or any other issue. While we do not take the position that all problems are spiritual, we believe that all areas of life are impacted by spiritual struggles, just as a broken leg would impact all other areas of someone's life in some manner. As a result, when we have the client's permission, and feel it is appropriate, we may pray with them or share scriptural truths.

**THERAPEUTIC STYLES**

Counseling at Oasis includes careful listening and empathy, but each therapist will have his or her own style with regard to how they handle issues in your life. Some of our therapists may take a more directive approach, that is to say, they may assign homework, reading, etc. Other therapists may emphasize cognitive or behavioral models, or view things from a more interpersonal perspective. You have the right to ask your therapist how he or she intends to approach psychological struggles.

**THE COUNSELING PROCESS**

While the process of healing and change will look different for each person, we believe the core work of healing occurs as God moves in each person's life. Some people will find immediate relief from emotional pain, and sense progress with each session. Yet for others the process may include intense emotional turmoil, and it could actually appear that things are getting worse before they improve. This should not be seen as a reason to quit, or think that no progress is being made, as pain and dysfunctional patterns often need to be magnified and made clear before positive change can occur.

**MUTUAL TERMINATION**

If over time your therapist believes that you are ignoring his or her counsel, or on the other hand, you find that you disagree with your therapist's approach to the counseling process, it will be important for you both to question whether it is best for you to remain with the agency or seek help elsewhere. If a decision is made to terminate therapy we ask that it be a mutual decision, between yourself and your therapist, and that you commit to one final appointment to bring closure. One reason we ask for a final session is to safeguard against the premature termination that can result from a desire to escape when difficult issues arise.

**FINANCIAL POLICIES**

Our financial policy requires each client to make payment at the time of service unless a government agency is covering your fee and/or there is no co-pay. We cannot permit any client to fall behind on payments for an amount greater than the fee of one session. If you are in arrears for more than this amount, you will be notified and given an opportunity to work out a payment plan. If you do not take advantage of this opportunity, you will be put on a waiting list until you are able to pay your bill, or follow through with making special arrangements with the Director of Finances. If your therapist assigns any reading materials you are expected to cover these costs on your own.

**SCHEDULING**

We will typically schedule you into 50-minute appointment periods, and desire to continually evaluate the progress of your therapy with you. This evaluation process will vary for each client depending upon the nature and severity of that client’s concerns. If your needs are severe, you may feel the need for more contact with your therapist, and please address this issue with him or her. However, we ask that you never call your therapist at home. If you have a question or need you can leave your name and number on the answering machine at **Oasis at (402) 379-2030**. Whenever possible your call will be returned daily except for during weekends and holidays.

**CANCELLING APPOINTMENTS**

If you must miss an appointment, we ask that you notify us at least (24) hours ahead of time, except for sudden illness or a travel advisory. For example, if your appointment is at 8am Tuesday morning, we ask that you leave a message by 8am Monday morning. You are allowed (1) excused absence per month. If you fail to attend an appointment or have an unexcused absence you will receive a call from your therapist and/or a letter. The letter states you must call and schedule a new appointment time or you will receive a letter of termination (30) days after the initial missed appointment.

**EMERGENCY SITUATIONS**

If you have an emergency situation and our office is closed, you may call Oasis Counseling at **(402) 750-8037** for emergency. If for some reason the call does not connect our back up emergency is Norfolk Family Medicine at **(402) 371-2326** or call **911**, or go to your local emergency waiting room and seek assistance.

**As a client of Oasis I have the responsibility to:**

- Keep appointments or cancel at least 24 hours in advance
- Pay my fee promptly at the time services are given unless other arrangements have been made
- Provide insurance information and keep my therapist informed of any changes in its status
- Notify Oasis front office staff regarding changes in insurance, address, or telephone number

**I/WE HAVE READ THIS “RIGHT TO COUNSEL” FORM AND HAVE HAD AN OPPORTUNITY TO ASK QUESTIONS ABOUT IT. I/WE KNOW AND FULLY UNDERSTAND ITS CONTENTS, EXECUTE IT FREELY, AND HAVE BEEN GIVEN A COPY FOR MY/OUR OWN RECORDS**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

If signing for a minor:

**I, \_\_\_\_\_, TESTIFY THAT I AM THE LEGAL GUARDIAN OF \_\_\_\_\_, AND GIVE MY CONSENT TO OASIS COUNSELING INTERNATIONAL TO PROVIDE MENTAL HEALTH SERVICES TO ALL OTHER FAMILY MEMBERS OF MY HOUSEHOLD WHO MAY BE ASKED TO PARTICIPATE IN TREATMENT.**

\_\_\_\_\_  
Signature

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Date

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Signature

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Date

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Witness

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Date