

Counseling is a collaborative process that promotes growth, healing, and self-discovery, making life happier, healthier, and easier. A counselor's role as a counselor is to provide a safe, confidential, and supportive environment while helping clients gain insight and pursue their personal goals. I offer sessions in person and online. Because counseling needs can vary, our counseling process may be brief or long-term. The counselor will advise on session frequency and duration.

For counseling to be successful, clients are responsible for attending and actively participating in sessions. Termination of treatment will be carefully discussed between the counselor, the client, and, if applicable, the guardian. You have the right to refuse or terminate treatment at any time. The standard fee for each session, due at or before the time of service, is \$150.00. Real Life Counseling offers a sliding scale based on family size and income. Prolonged overdue balances may impact or interrupt the therapeutic process. A 24-hour notice is required for any cancellations or rescheduling. If you miss an appointment without prior notice (No-Show) or fail to cancel at least 24 hours in advance, the client will remain financially responsible for the full session fee.

I am currently a Master of Arts in Clinical Mental Health Counseling student at Central Michigan University, and I expect to complete the program in August 2027. I practice as a clinician under the clinical supervision of Jake Tracy, MA, LPC (License #6401015019). During supervision, I may be required to discuss information regarding your case as required in accordance with licensing rules by the State of Michigan. The supervisor will abide by the ACA ethical standards for confidentiality.

Our Practice does not provide 24/7 crisis intervention services. If you experience a mental health emergency outside of regular session hours, please call 911, go to the nearest hospital emergency room, or call/text the National Suicide & Crisis Lifeline at 988.

Confidentiality is a crucial part of the counseling process, and I will adhere to the ACA ethical standards and the standards required by law. Therefore, all information discussed during counseling is confidential in nature and will not be discussed with any other party without express written consent, except in the following cases: If a client makes a threat of physical harm against another person, I am required by law to break confidentiality. If a client is under the age of 18 and discloses being either physically abused, sexually abused, or neglected, I am required to file a report of suspected abuse or neglect to the appropriate state agency. Similarly, if an adult discloses committing physical abuse, sexual abuse, or neglect of a child or an elderly person, I am required to contact the appropriate state agency.

If a client would like to file a complaint regarding my counseling services, written complaints may be sent to the Michigan Department of Licensing and Regulatory Affairs (LARA) Bureau of Professional Licensing - Board of Counseling, P.O. Box 30670, Lansing, MI 48909. Phone: (517) 241-0199

I have read and understand the aforementioned description of services, accountability, and confidentiality, and agree to enter into the counselor-client relationship.

Client(s) Signature: _____

Date: _____

Guardian Signature (if client is a minor): _____

Date: _____

Counselor: _____

Date: _____

Supervisor Signature:  _____

Date: 9.01.2026