

## ***Real Solutions Counseling, LLC***

***1011 W. Williams St., Ste. G, Boise, ID 83706***

***Phone: (208) 991-0222 Fax: (208) 344-0014***

### Disclosure and Consent

I, Kristie Louderbough, obtained a Master of Art degree in Clinical Mental Health Counseling (M.A.) from Adam State University in Alamosa, WA and a Bachelor's of Art degree in English with a writing emphasis from Marylhurst University, Marylhurst, OR. I am currently a Licensed Professional Counselor (LPC-6530) in the State of Idaho. My education included coursework in areas such as family and couples therapy, Child Play Therapy, directive and nondirective therapeutic intervention, lifespan development, diagnosis and assessment, group psychotherapy, gender and ethnicity studies, spirituality and counseling, substance use and abuse counseling, and career development counseling. I have specific training in play therapy, 0-5 Infant Child Mental Health Endorsement training, Dialectical Behavioral Therapy, Adlerian therapy, Trauma focused Cognitive Behavioral Therapy, and victim recovery for domestic violence and abuse.

I value an active dialogue with clients in an effort to explore specific needs and identify patterns. I am passionate about working with individuals, couples and families through their journey. My therapeutic approach varies depending on the issues with which each individual is struggling. I don't have a one approach that fits all clients, but I tailor my work to the individual and family to meet them where they are currently at and work together to bring positive change. The purpose is to help explore individual and family resources such as strengths, resiliency, and hope in each unique situation. Respect for each member's individuality is essential to a successful therapeutic process. It is my understanding that therapeutic goals are most productive when all parties involved agree.

#### CONFIDENTIALITY

The information you share in therapy is confidential. I cannot release information to another party without your written consent. Confidentiality laws do require that I make exceptions in some very limited circumstances and these exceptions are listed in the client rights section of the intake paperwork. If you have any questions about this please ask.

#### PROFESSIONAL FEES

The fee is \$100.<sup>00</sup> for a fifty-minute (50) session. You will be charged for phone time with you or on your behalf, and letters or reports including preparation time. If I am required to appear in court you will be charged \$120.<sup>00</sup> per hour to cover the additional requirements of travel and being out of my office. **All fees are due and payable at the time of the service.** Make payment to Real Solutions Counseling. There will be a \$20.<sup>00</sup> service charge for any returned checks.

#### CANCELLATIONS AND MISSED APPOINTMENTS

Time is important to all of us. If you are unable to keep an appointment please notify RSC at least 24 hours in advance. Please see the Missed Appointment section of the intake paperwork for further details.

