

Welcome to

There's Hope! Counseling Services

Thank you for choosing There's Hope! Counseling Services for your counseling needs. The decision to seek professional help is an important one. I hope to provide you with information to assist with this counseling process.

People seek counseling for several reasons. By exploring emotions, behaviors, and beliefs about oneself and the world, clients can develop more effective and adaptive styles of thinking, feeling, and behaving. People respond best to counseling when they have a good understanding of what they are about to undertake. Please read the prepared information and ask any questions that you might have.

The Nature of Therapy

Although therapists have different styles and approaches, the goal is consistent. **THERAPY IS ABOUT CHANGE.** All sessions involve ongoing verbal interaction. Through this interaction, people look for ways to manage their lives more effectively. Therapists do not make decisions for clients. Their goal is to provide assistance that allows people to become more confident of their abilities to make healthy decisions.

The first few sessions will involve assessing the nature of the problem and developing a plan. As therapy proceeds, we will periodically assess your progress and make appropriate changes if indicated. During therapy, new problems may emerge that have an impact on treatment. Termination of therapy should be a joint decision between you and your therapist.

Effectiveness and Risks of Therapy

Psychotherapy is an expensive and time consuming process. Studies show that people benefit from therapy but positive results cannot be guaranteed. Several factors that contribute to success include commitment to change, severity of problems, healthiness prior to treatment, quality of relationship with the therapist, and amount of social support.

Counseling can be a challenging experience. Self-examination can be discouraging at times. Unpleasant feelings, memories, and conflicts often surface and you should not expect to leave each session feeling better. Dealing with unpleasant issues may lead to temporary interpersonal problems or strain in some relationships. As a result, progress in counseling is not always steady, but will fluctuate. The gains you make will outweigh the risks and temporary discomfort.

Client's Rights

You have the right to be treated with dignity and to have your cultural, psychosocial, spiritual and personal values, beliefs, and preferences respected.

You have the right to quality and ethical treatment regardless of gender, race, religion, color, national origin, or severity of a handicapping condition.

You have the right to be safe from mental, physical, sexual, and verbal abuse, neglect, harm, and exploitation.

You have the right to privacy during your treatment and the right to confidentiality of all records and communications. Information regarding your treatment or records will only be released with your (or your legal guardian's) written authorization or as required under proper legal compulsion.

You have the right to access, request amendment to, and receive an accounting disclosure regarding your clinical service information as permitted by law. You have the right to receive information about the nature of the care, procedures, and treatment that you will receive and to participate in decisions regarding your care and treatment planning.

You have the right not to receive counseling assistance from me. If you wish, I will provide you with the names of other qualified professionals whose services you might prefer. The fees may vary and most likely will be at a rate higher than my own.

Client's Responsibilities

Your responsibility is to be open to change. You will need to be active and honest during your sessions and provide complete and accurate information concerning your present complaints, past illnesses, hospitalizations, medications and other matters relating to your health, to the best of your knowledge.

You are responsible for reporting any perceived risks in care and changes in your condition or symptoms. You have the responsibility to ask questions when you do not understand about recommended care or treatment and what you are expected to do.

You have the responsibility to be in control of your behaviors and give and receive feedback in a respectful and courteous manner. Additional efforts outside of the therapy office are necessary for positive results. You will be expected to complete any assignments given to you by your therapist. This work may include review of session materials, development of self-awareness, or other specific assignments. It will also be important to be forthright in regard to concerns for therapy.

You have the responsibility to be on time for scheduled sessions, fulfill financial commitments and notify the office of cancellations.

Therapist's Responsibilities

Your therapist's primary responsibilities are assessment of your concerns and to plan an appropriate course of treatment. You will be involved in reviewing your progress and updating your treatment plan. Your therapist also has the responsibility of meeting with you at scheduled times or notifying you if an illness or emergency requires cancellation. Finally, therapists acknowledge they work better with some clients than others. If therapy appears stagnant, your therapist may suggest you seek another professional. Our primary concern is helping you to solve your problems.

Confidentiality

Both legal and ethical constraints demand that information you share be kept confidential. Under Oklahoma and Federal laws, communication between a therapist and client is privileged and confidential. This means your therapist will not reveal any information about you without your written permission.

There are however, exceptions to the law. Your therapist may consult with other mental health professionals with expertise if it is believed such consultation will benefit your therapeutic treatment. These individuals will operate under the confidentiality restraints as your therapist. Any of these discussions will be respectful of your identity and right to privacy.

There are also four situations in which therapists are required by law to disregard confidentiality.

- 1) If a client reveals information that indicates he or she is a clear and imminent danger to another individual, the therapist must contact the appropriate authorities and/or the threatened person.
- 2) If a client seriously threatens to harm him or herself, the therapist will contact family members and / or seek hospitalization if such actions are judged necessary for the client's protection
- 3) All helping professionals are required by law to report to the police or the Department of Human Services any knowledge or suspicion of abuse of a child or incompetent or disabled person
- 4) Judges have the power to compel production of records for use in legal proceedings (ie. Child custody disputes, mental status hearings)

We expect you to respect the confidentiality of all others in the clinic. It is not appropriate to reveal identities or issues of other clients or of group members. You may discuss the details of your own case with anyone you choose. On occasions in which a child reveals information that a parent does not possess, your therapist will respect the child's right to confidentiality. However, the therapist will attempt to create an environment within the family for those issues to be discussed.

Overview of Services

Counseling will seek to meet goals established by all persons involved, usually but not always revolving around a specific presenting problem. A major benefit that may be gained from participating in counseling includes a better ability to handle or cope with individual, marital, family, and other interpersonal relationships. Another possible benefit may be a greater understanding of family and personal goals and values that may lead to greater maturity and happiness as individuals and increased relational harmony.

Relationship and Couples Therapy

Couples seek counseling to renew a sense of trust, spontaneity, and intimacy in their relationship. Therapy can be helpful to improve communication, clarify expectations, and restore trust. Some individual sessions may be suggested. The goal is to assist each individual to assume responsibility for the aspects of behavior that contribute to the problem. If your therapist determines that individual issues seriously interfere with the relationship, individual therapy may be recommended.

Court and Custody Evaluations

Although There's Hope Counseling Services work with marital and family problems, **we do not testify in court regarding custody or divorce actions.** In order for therapy to be effective, clients must feel free to be open and know that they are doing so in an environment that will honor and protect the information that is presented. Therapy involves dealing with difficult and often painful issues. When those issues are taken out of context and placed in a different setting (for example, a court proceeding), they can become misleading and possibly even harmful.

In addition, legal evaluations are a specialized field and if such services are needed, you will be referred to individuals who are qualified to deal with such situations.

Fees / Payment

We realize that therapy involves a financial effort. We hope you will view this commitment as an investment in yourself and your relationships. Fees for services are collected at the time provided. Payment may be made by check or cash. Checks are made payable to Kim Thomas, LPC.

Call for rates.

Cancellations / Missed Appointments

There's Hope! Counseling Services require **24 HOURS NOTICE FOR CANCELLATIONS.** Failure to adhere to this policy may result in the full fee charge for the missed appointment. Emergencies may be discussed with your therapist. On those days Tulsa Public Schools are closed due to weather, please call ahead and confirm your appointment with your therapist before coming to your appointment to be sure our offices are opened.

Business Phone (918) 277-0777

Therapist Qualifications

Kim Thomas LPC, LMFT received her Master's degree from Southern Nazarene University in Bethany, Oklahoma. She is a Licensed Professional Counselor, a Licensed Marriage and Family Therapist as well as a National Certified Counselor. She has a special interest in women's issues, relational issues, parenting, anxiety and mood disorders as well as marital issues. Kim especially enjoys working with couples in the areas of addiction and affair recovery. It is our belief that it is not only possible to recover from the heartache of broken trust and infidelity, but to build a better relationship than the initial one.

In addition to private practice, Kim works as an adult therapist teaching parenting skills groups, as well as emotional regulation groups. She serves as the director of a Family Education Group which meets weekly at a chemical dependency intensive outpatient program.