

Keith Payne LMHC, CHT
Counseling and Hypnotherapy



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Informed Consent

Thank you for choosing Keith E Payne MA, LMHC. I realize that starting counseling is a major decision and you may have many questions. This document is intended to inform you of my policies, state and federal laws, and your rights. If you have other questions or concerns, please ask and I will try my best to give you all the information you need.

I have earned a Master of Arts in Counseling Psychology from Lewis & Clark College in Portland, OR. I am licensed by the state of Washington as a Licensed Mental Health Counselor, license # LH 60241742. I am currently in the process of training for an Advanced clinical hypnotherapist certification through the Wellness Institute in Issaquah, WA. I earned a Clinical hypnotherapist certification through this same institute. I practice an eclectic style of counseling, consisting primarily of mindfulness based therapies and hypnotherapy. Additionally I draw from family systems therapy and Jungian theory.

Benefits and Risks of Therapy:

The healing that you will provide for yourself and your loved was is the primary benefit to engaging in this work. Learning to identify, manage, and release obstacles to your ideal life take work and can, at times be painful. This is not a linear path. Following hypnotherapy sessions clients often encounter emotions and experiences that are uncomfortable, this is part of the healing though and I encourage all my clients to remain in contact with me to help work through the process. Change is painful and comes in many different ways. The self-awareness work we will engage in during this process is a great help in understanding what your own personal transformation looks like, as it is rarely what we think it will be! While beginning this process of change can be uncomfortable it is important to commit to your work and keep going with whatever modalities help propel you towards your goal. Please ask any questions along the way. I strive to facilitate the highest quality of care for my clients and maintain a flexible schedule to provide accessibility both in and out of the therapy office.

Confidentiality and Emergency Situations:

Your verbal communication and clinical records are strictly confidential except for the following:

- a. Information (diagnosis and dates of service) shared with your insurance company to process your claims.
- b. Information you report about physical or sexual abuse of a child or elder; then, by Washington state law, I am obligated to report this to the Department of Child/Adult Protective Services.
- c. Where you sign a release of information to have specific information shared.
- d. If you provide information that informs be of your being in danger of harming yourself or others.
- e. If you commit a crime while on these premises.

Additionally, If an emergency situation for which you feel immediate attention is necessary due to mental health reasons and I am unavailable to take your call, you agree to contact either 911 or the community Crisis Response Team at 509-524-2999. Keith Payne MA, LMHC will follow those emergency services with standard counseling and support to the client(s).

Signature(s) _____

Date _____