**Stacey Arnett, Ph.D.**

**Licensed Professional Counselor**

**Boulder, CO 80302**

**303.921.2475**

**Email:** [sarnett@msn.com](mailto:sarnett@msn.com)

**DISCLOSURE STATEMENT**

**Dear Client,**

**Please read the following statements. As a Licensed Professional Counselor in the State of Colorado, I am required by law to provide you with this Disclosure Statement. In order for me to provide you with my counseling services, it is necessary for you to read this Statement and then sign the last page. By signing the signature page you are acknowledging that you have read this statement and that you are giving me your permission to provide you with my counseling services.**

Information regarding Dr. Stacey Arnett:

Dr. Arnett is operating exclusively as an online therapist. Her business phone # is: 303.921.2475, and her email address is: sarnett@msn.com

Dr. Arnett has a Master’s Degree in Counseling from the University of Colorado (received in 1982), and a Ph.D. in Educational Psychology with an emphasis in community mental health from the University of Colorado (received in 1989). Dr. Arnett is currently practicing psychotherapy within the legal requirements as a Licensed Professional Counselor, Colorado License # 4513. Dr. Arnett is trained in Acceptance and Commitment Therapy, Mindfulness-based Cognitive Therapy, is certified as a: Anxiety-Informed Professional, an EMDR Therapist (a trauma-focused treatment), a Brainspotting Therapist (a trauma-focused treatment), a Mindfulness Meditation Instructor, a Life Coach, and is a clinically trained Hypnotherapist.

The Colorado Department of Regulatory Agencies has the general responsibility of regulating the practice of licensed psychologists, licensed social workers, licensed professional counselors, licensed marriage and family therapists, licensed school psychologists practicing outside the school setting, and unlicensed individuals who practice psychotherapy.

The agency within the Department that has responsibility specifically for licensed and unlicensed psychotherapists is the Department of Regulatory Agencies, Mental Health Section, 1560 Broadway, Suite 1350, Denver, CO 80202, 303-894-7800.

As to the regulatory requirements applicable to mental health professionals: A Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and one year of post-doctoral supervision. A Licensed Social Worker must hold a masters degree in social work. A psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelors degree in behavioral health, and complete additional required training hours and 2,000 of supervised experience. A Licensed Addiction Counselor must have a clinical masters degree and meet the CAC III requirements. A Registered Psychotherapist in registered with the State Board of Registered Psychotherapists, is not licensed or certified, and no degree, training or experience is required.

**Your Rights as a Client and Important Information:**

You are entitled to receive information from Dr. Arnett about her methods of therapy, the techniques she uses and the duration of your therapy (if she can determine it).

You can seek a second opinion from another therapist or terminate therapy at any time.

In a professional relationship (such as ours), sexual intimacy between a therapist and a client is never appropriate. If sexual intimacy occurs, it should be reported to the Department of Regulatory Agencies, Mental Health Section.

Generally speaking, the information provided by and to a client during therapy sessions is legally confidential if the therapist is a licensed marriage and family therapist, a licensed social worker, a licensed professional counselor, a licensed psychologist, or an unlicensed psychotherapist. If the information is legally confidential, the therapist cannot be forced to disclose the information without the client’s consent.

Information disclosed to a licensed marriage and family therapist, a licensed social worker, a licensed professional counselor, a licensed psychologist, or an unlicensed psychotherapist is privileged communication and cannot be disclosed in any court of competent jurisdiction in the State of Colorado without the consent of the person to whom the testimony sought relates.

There are exceptions to the general rule of confidentiality. These exceptions are listed in the Colorado statutes (C.R.S. 12-43-218). You should be aware that provisions concerning disclosure of confidential communications shall not apply to any delinquency or criminal proceedings, except as provided in section 13-90-107 C.R.S. There are exceptions that Dr. Arnett will identify to you as the situations arise during therapy. In addition, Dr. Arnett consults with and is supervised by a licensed mental health professional. Any information shared is confidential, clients are not identified by name. Your signature below constitutes you giving permission for such consultation.

**Fee:**

Dr. Arnett’s fee is $100.00 per session. Sessions vary in length depending on the work being done although sessions generally do not exceed 60 minutes.

**Cancellations:**

**Regular attendance is important for a positive therapeutic outcome.** This policy is intended to reinforce that goal: you will be charged the full fee for cancellations received with less than 48 hours notice. You will also be charged the full fee for no shows (not showing up, not giving notice). If you give less than 48 hours notice and there is a reasonable excuse (illness, emergency, car trouble, etc.) and this has not occurred more than once in the past 6 months, you will be charged 50% of the fee. If you are late for an appointment, the session will end at the regular time and you will be charged for the full session.

**Emergencies/Availability:** Dr. Arnett is available by phone by calling 303.921.2475. If you reach her voice mail please leave a message and your phone number and she will call you back as soon as possible. Her regular office hours are Monday-Wednesday and Fridays from 9:00 am – 5:00 pm. Dr. Arnett is not available for emergencies. In case of emergency please use the following 24 hour resources:

All dire emergencies: Dial 911

Boulder County Mental Health Center Crisis Service: 303.447.1665 (adults) and 303.413.6388 (children), Boulder Community Hospital: 303-440-2037

Also, please note that all medical and therapy records will only be maintained for 7 years following the termination of our therapeutic relationship.

If you have any questions or would like additional information, please feel free to ask.

**SIGNATURE:**

I have read the preceding information and understand my rights as a client

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Client Signature Date

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Therapist Signature Date