Counseling is a series of conversations between you and a counselor to help you understand yourself better, feel better emotionally, or change behaviors that bother you. Counseling has been shown to benefit most clients, but there are no guarantees about what will happen, and you may experience uncomfortable feelings since counseling may involve discussing unpleasant aspects of your life. Counseling requires your active effort and you will also need to work on improving your life situation outside of the counseling sessions.

Appointments are usually 45-50 minutes long, once per week. If you are late, the session will still need to end on time. You are free to stop counseling at any time, or you can tell your counselor if you prefer to see a different counselor. If you cannot keep an appointment, please call to cancel the day before. If you miss more than one appointment without canceling in advance, your appointment time may be given to someone else. There is no charge for our services. In most cases counseling will have to stop by the end of the current semester.

Counselors are required to keep records of their services. Your records are maintained in a secure location. Records of sessions include your reason for seeking counseling, the goal and progress of counseling, a diagnosis, topics discussed, etc. You may ask your counselor to show you your records and review them with you.

We are not able to provide services for all clients. If your counselor and his/her supervisor decides that you would be better served at another agency, you will be provided information on how to get such services. NAU students can obtain counseling at NAU Counseling Services on campus. Non-students are sometimes referred to The Guidance Center in Flagstaff.

Practicum counselors are students in training rather than licensed professionals, so they do not write letters of support for disability determination, assistance animals, and similar situations. If you are seeking counseling for current or potential court-related issues, including child custody, you should seek counseling elsewhere, since the student counselors are not qualified to evaluate such issues.

All counseling sessions are digitally recorded for use in supervision and training, and only the people listed at the bottom of this form may see session videos. The digital recordings made of counseling sessions are not available for viewing by anyone other than practicum counselors and their supervisors. All digital recordings are deleted at the end of the semester.

You should understand that E-mail is not a confidential form of communication with the Practicum Lab or your counselor. The counselors do not interact with, accept friend requests, or follow current or former clients on any social networking site or blog (e.g. Facebook, Twitter, LinkedIn, etc.). These sites are not secure, and interacting on them blurs the boundaries of the counseling relationship.

We are not able to provide crisis counseling or emergency services. If you need counseling immediately, call NAU Counseling Services at 523-2261 (if you are an NAU student); or The Guidance Center at 527-1899 (if you are not an NAU student). If you have an emergency
or feel unable to keep yourself safe, go to the emergency room at the Flagstaff Medical Center (1200 N. Beaver St.) or call 911.

What you say during counseling is confidential, and will not be disclosed to anyone outside the center without your permission, but there are some exceptions. Counselors are required by law, and by their professional ethics, to break confidentiality (a) if you are seriously considering or likely to attempt suicide; (b) if you threaten to harm or assault someone; (c) if you engage or intend to engage in behavior that will expose someone to a potentially life-threatening communicable disease; (d) if a counselor suspects abuse, neglect, or exploitation of a minor or an incapacitated adult; (e) if your mental condition renders you gravely disabled; (f) if required by law to disclose information; (g) if records of clients need to be read by authorized auditors or researchers for approved purposes.

I have read the information on this form. If there is anything that concerns me or that I do not understand, I will seek clarification from my counselor before I sign.

____________________________________  ____________________
Client Signature                      Date

____________________________________  ____________________
Witness Signature                    Date

If the client is under age 18, I affirm that I am the legal parent or guardian of 
(client’s name): __________________________, I understand the information on this form,
and I grant permission for my child to participate in counseling.

____________________________________  ____________________
Signature of parent or guardian       Date

Practicum Students in THIS section    Instructors/Supervisors