

## Seeking individual counseling for an adult (aged 18 and up)

Adults seeking counseling will fill out a number of forms to get started. It is expected that the client will be the one filling out the forms. Here are the forms to complete and how we use this information:

- Client information form- This includes basic demographic information about the person seeking counseling and will be the basis of your clinical file. Please include your full legal names and include how you would like to be addressed in the Preferred Name section (ex: by a nickname).
- Emergency & Other Contacts Form- Please list important contacts, including who is financially responsible for counseling services, as well as an emergency contact that will be used in case of emergency during an in-person or telehealth session. You may add others to this list, including your physician or psychiatrist. If more information is needed by your therapist from someone you list, a separate Release of Information form will be filled out by you to detail the information that can be shared.
- Consent For Services Form - This form helps you understand client's rights, your counselor's rights and responsibilities, and an overview of the psychotherapy treatment process, and policies of our practice.
- Privacy Practices/ HIPAA form- this spells out your right to privacy and confidentiality, as well as limits to confidentiality.
- Payment Authorization Form & Insurance Release- this form details payment through insurance, self-pay or another method, and lists the costs of treatment.
- Client History Form- This form allows you to share information about what brings you to counseling at this time, as well as relevant history that will provide your therapist with a comprehensive understanding of important factors and allow for your best care. Please complete this as fully as possible, or write in if you desire to discuss certain sections with your counselor during your session.

If you run into any questions while completing your paperwork, please give us a call at the front office by calling (407) 644-4692. We would be happy to walk you through what is needed or check to make sure that everything is uploaded properly.

What happens next? Once we see that all of your paperwork above is complete, we will call you to schedule your first session.

Want to learn more about LCS?

- Check out our staff here: <https://lcsfl.com/who-we-are/staff.html>
- Check out our story before you share yours: <https://lcsfl.com/who-we-are/>
- Check out a list of resources for a variety of topics and populations: <https://lcsfl.com/news-resources/resources.html>