

KAIROS COUNSELING

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Counseling DISCLOSURE STATEMENT

Welcome to Kairos Counseling. This document contains important information about my professional services. Although reading this document may seem a bit daunting or tedious, please read it carefully before our first meeting and bring to our first meeting. We will discuss this document and your questions or concerns. Please initial in the appropriate places after you have read and understood this document. Making an informed decision to enter counseling is an important first step in the therapeutic process.

WHAT IS PSYCHOTHERAPY/COUNSELING?

Counseling is a shared, collaborative and relational process. It involves talking with a counselor about your thoughts and feelings. Each individual may experience counseling in a different and unique way. Much of psychotherapy depends on your personality and the problems you choose to discuss. Psychotherapy is different from visiting a medical doctor for specific physical ailments and waiting for him/her to write out a prescription. Instead, psychotherapy requires a partnership with your active involvement as well as my collaborative working with you. Psychotherapy is designed to help you understand how your feelings and thoughts affect the way you act, react, and relate to others. You will identify areas in your life that cause distress and we will work together on goals that you have identified. I will act as a facilitator to help you change yourself and am committed to working with you in this process. In order for therapy to be as effective as possible, I may ask you to work on things that we talk about, both in our sessions and at home. I also may recommend books or movies to help with this work. Throughout counseling you have the right to question and/or refuse to do anything I suggest.

Please initial here if you have read and understood this section_____

APPROACH TO PSYCHOTHERAPY

I am a Licensed Professional Counselor in the State of Missouri. I also have access to and consult with other professionals and have ongoing training to give you optimal professional counseling.

My Christian faith is foundational to my approach to psychotherapy and clients. I view each person as created in god's image with value, purpose and relational. I use only theories and techniques that are in line with the Biblical view. I strive to integrate the truth of psychology with the truth of Scripture. In our work together you will explore new ways to understand yourself and your interactions with others. You will receive fair treatment, dignity and respect, regardless of your thoughts, beliefs, preferences, race, gender, disability, or sexual orientation.

My approach to counseling is an Integrated Interpersonal Process Approach. This is a synthesis of theories that share a common focus on the counseling relationship-or how our current interactions can help you change. You are at the center of psychotherapy. This therapy may include interpersonal process, cognitive, cognitive-behavior, relational theories and family domains approaches. Although talking is mostly what we will do, I may suggest or use different techniques to find the most helpful approach for you. These techniques may include interpretation, cognitive reframing, role-playing, self-monitoring, relaxation

techniques, outside reading and journaling. If you are uncomfortable or have questions with any of these techniques or any of our work, you have the right to question and/or refuse. Therapy is a partnership, which requires openness and honesty on both our parts.

I am not a medical doctor and cannot diagnose or treat your medical conditions. I also cannot prescribe psychiatric medications. If during the course of our work together a consultation with a psychiatrist who can prescribe medication is indicated, I will refer you for psychiatric consultation.

Please initial here if you have read and understood this section _____

BENEFITS AND RISKS

Psychotherapy has been shown to be beneficial for most people who experience it. Psychotherapy often leads to better relationships and may significantly reduce your feelings of distress. You may come to know yourself more fully and accurately. Counseling is a process that may not give quick solutions. In therapy you may discuss unpleasant aspects of your life and experience unpleasant or painful feelings like fear, anger, sadness, emptiness, guilt, confusion, helplessness, shame, and frustration. Your relationships with others also may change. Your relationship with God may also change and improve.

There is no guarantee in psychotherapy of what you will experience or what benefits you will receive. You must decide if you are willing to risk unpleasant thoughts and feelings in the hopes of change. Most people who risk this find that counseling is beneficial.

Please initial here if you have read and understood this section _____

MY AVAILABILITY

I am often not immediately available by phone. When I am unavailable, I will return your call that same day if you leave your number and time when you may be reached. Long conversations and acute problems are best handled in counseling sessions, so the length of phone conversations may be limited.

Please sign here indicating that you have read and understood this information.

Name of Client Date

Name of spouse, parent or significant other Date