

RITA BENNETT COUNSELING

THERAPIST DISCLOSURE STATEMENT

Dr. Rita Bennett, Litt.D., MFTA, Insured Number HPSO 0612936973

Welcome! I look forward to working with you. This handout will familiarize you with my counseling practice. It will show you what you can expect of me and what I can expect of you.

Therapy Orientation and Course of Treatment: Much of the time you spend in counseling will consist of sharing your personal story. The success of your counseling will rest largely on your openness, active participation and desire to become whole. I am in agreement with these ancient words concerning you, "For I know the plans I have for you," declares the Lord, "plans to give you hope and a future" (Jeremiah 29:10). I will work with you as we together seek for hope and a good future for you.

Counseling for Individuals, Couples and Families: The method of treatment will vary. It might include: Integrative Therapy Approach, Narrative Therapy with reframing one's life-story, inner healing prayer-counseling, and pre-marital, marriage and family therapy, and couples communication skills. I have experience in dealing with grief and losses. As your therapist I may assign independent skills to practice at home. This can speed the process to successful living now and later.

If you wish prayer as a part of therapy, please let that be known. To learn about Prayer in Therapy, you may choose to read my book ***You Can Be Emotionally Free***, Bridge-Logos Publishers. If you prefer a non-spiritual approach to counseling, that will be honored at your request.

The length of counseling will depend on the nature of your problems, your goals, and how quickly progress is made toward achieving your goals. Typically, counseling sessions are on an every 2-week basis unless more or less frequent meetings are needed. Although you may end counseling at any time, it is advised that you discuss this decision with me as your therapist at least one week in advance.

Education, Qualifications and Professional Experience: I received my Bachelor of Arts in Education degree from the University of Florida, Gainesville, Florida. I received my Masters of Arts degree, June 2008, from Bastyr University, Kenmore, Washington in ABS Systems Counseling, with a major in Marriage and Family Therapy. I have more than 25 years experience in co-pastoral care working with my late husband, the Rev. Dennis Bennett in the USA and abroad.

My forte is extensive experience working with adults (individuals, and couples) in the area of need for emotional healing due to early childhood neglect, emotional and sexual abuse, marital pain, and various losses. I enjoy working with couples and assisting them with communication needs and emotional healing. I am available for pre-marital counseling. In addition, I have training as a child welfare social worker with the State of Florida, and trained as an elementary school teacher. I enjoy working with ages 12 to 16 years, accompanied by a parent.

Confidentiality: Respect, safety, and confidentiality help to promote honest communications. Therefore, the information and concerns you share with me will remain private and confidential as long as it is legally possible to do so. No personal information will be shared about you without your expressed written consent (in the case of couples or families, there must be written permission from each person 18 years or older). In order to provide you with the best client care possible, general information regarding your case may be, when beneficial, confidentially discussed with another professional with whom I work.

Only in certain circumstances would I be legally required to release information to responsible authorities in order to protect the safety and interests of you and others. In general, these circumstances are:

- if you give serious indication that you are likely to harm yourself or others
- if you reveal information that a child, teenager, or dependent adult is being abused or neglected, or
- if I receive a court order to share information with a judge or lawyer

Appointment/Fees: Appointments are typically 60 to 90 minutes, as therapist considers necessary. Payment is due at the beginning of each session unless other arrangements have been made. Fees are established and processed through Rita Bennett Counseling (RBC) and client(s). My current fee is \$50 per session (or less, depending on the need of the client). Counseling via telephone is \$45 per session, plus applicable telephone fees. **RBC requires a 24-hour's notice for cancelled appointments to avoid being charged for the missed session.**

Statement of Practice

Registration of an individual does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment. Since 2016, Dr. Rita Bennett has donated fees to CRA Inc., a 501c3 charitable organization.

Signatures: Your signature below constitutes informed consent for clinical services for yourself and/or your child(ren) and indicates you have read this document, have had an opportunity to discuss its content with me, agree to its terms, and have been offered a copy. A copy shall be considered as valid as the original.

My signature indicates the accuracy of the information and my declaration to uphold those conditions. Any exceptions or additions would appear on attached sheets.

Client

Date

Client / Parent / Guardian

Date

Therapist

Date