

Erling Antonsson, MS, LPC

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Licensure, Credentials and Orientation

I am licensed in the State of Texas as an LPC (Licensed Professional Counselor), having met the educational requirements and passed the written examination given by the Texas State Board of Examiners of Professional Counselors. I have completed a Masters Program in Counseling (University of North Texas, 2005). My license number is 62115. There are many different approaches to working in a counseling relationship depending on what is being discussed between the client and the counselor. I believe that counseling is a journey of self-discovery and growth and is a collaborative process between two or more people. As a counselor, my goal is to help my clients discover one's true potential while leading a life that is worth experiencing and enjoying. As many people struggle to find their identity, sense of self-worth, and confidence, I am a qualified expert who will offer exceptional guidance and support. I will work with you on setting goals for treatment and providing appropriate interventions based on the issues brought to counseling. Please feel free to discuss your treatment with me throughout the counseling process.

The Counseling Process

Counseling is not easily described in general statements. It varies depending on the personalities of the counselor and the client and depending on the particular problems that the client brings. There are a number of different approaches that can be utilized to treat the problems you hope to address. Counseling is not like visiting a medical doctor, in that it requires a very active effort on your part. In order to be most successful, you will have to work both during our sessions and at home.

Our first few sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if we decide to continue with counseling. You should evaluate this information along with your own opinions of whether you feel comfortable working with me. Counseling involves a large commitment of time, money, and energy, so please be very careful about the counselor you select. If you have questions about my procedures, we can discuss them and evaluate them as soon as they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

Remote counseling (phone, video, email) are suitable for certain populations and conditions. For phone and video counseling sessions I encourage clients prepare by creating environment as free of distractions as possible. Low distraction environment will help you receive more benefit from the counseling session. Also, be mindful of anyone close by that might overhear our confidential conversation.

To ensure confidentiality of our email communications I recommend my clients sign up for Proton mail (www.protonmail.com) which is a free and secure email service.

Risks and benefits of Counseling

Counseling, like everything in life, has both benefits and risks. Sometimes counseling involves recalling and talking about unpleasant events in your life. Because of this, the risks of counseling sometimes include experiencing uncomfortable levels of feelings like sadness, guilt, anxiety, anger, frustration, disappointment, loneliness and helplessness. Counseling also has been shown to have benefits for people who undertake it, often leading to a significant reduction of feelings of distress, better relationships, and/or the resolution of specific problems. But, as with most things in life, there are no guarantees about what will happen.

Appointment Scheduling

I will usually schedule one session per week. A regularly scheduled appointment will be worked out as one becomes available. Your collaboration regarding the punctuality of starting and ending sessions at the appointed times will be appreciated. Based on our previous agreement, sessions may vary in length or frequency.

Professional Fees

Individual Counseling (45-50 min):	100 USD
Couples Counseling (45-50 min):	120 USD

Payment for online counseling is due at least 24 hours before scheduled session. You are expected to attend all scheduled appointments. Fees are subject to change periodically and you will be notified in advance of any change in fee. If you are unable to attend an appointment, you must call or email me 24 hours prior to your scheduled appointment time or you will be charged full fee for the session(s) you have missed. If your case warrants me to perform case management, I will bill for that time at my hourly rate. This includes (and is not limited to) consultation, release of records and referral gathering beyond general practice. My regular hourly rate is 100 USD per hour.

Insurance

I do not accept insurance but am happy to provide you with a Superbill which you can submit to your insurance provider for reimbursement.

Court Appearances and Fees

I do not recommend using your counseling as a tool for court cases, as it will open up your personal process to dissection and interrogation. If I am ordered to appear, I require payment for services 72 hours in advance at the rate of 250 USD per hour. In the event that I must appear in court, I must clear my schedule for the entire day because the time spent in court is unpredictable. This includes travel, preparation, consultation, appearances and time on-call. If I am not called to appear, these fees for the time reserved and in preparation for appearance will still be due. You are responsible for any fees I incur related to your case (litigation issues, lack of payment, parking, printing/copying materials, etc.). For the record, I will not agree to appear in court to testify in custody disputes or other legal matters, unless I am subpoenaed by a judge.

Contacting Your Counselor

Appointments may be scheduled in person, over the phone, via text or via email. Text communication is ONLY used for arranging appointments. I will not engage in discussions regarding your treatment using this mean. If you need to contact me between sessions, please leave a message on my voice mail or email me. I am often not immediately available; however, I will attempt to return your call within 24 hours. I am not an emergency contact. If a true emergency situation arises, please call your local emergency number or proceed to your nearest emergency room to seek immediate treatment.

Client Rights

As a client, you have a number of rights concerning the course of your treatment with me. If, during the course of your treatment, you have any questions or concerns about your counseling, please raise those questions with me. This is your counseling, and you must feel that you understand both the direction and process of your treatment. If you are unhappy with the counseling you are receiving, you have the right to request a change in treatment. If needed, I will help you locate another counselor. If you wish to file a complaint, you may call the Texas State Board of Examiners of Professional Counselors at (512) 834-6658. Any legal action must be pursued in a Texas based court.

Confidentiality

As required by law, all information discussed during the course of counseling with a Licensed Professional Counselor is confidential, unless confidentiality is waived by the client's signing a release of information form. Under certain situations, however, confidentiality may not hold. These situations are:

1. Any knowledge of child abuse, elder abuse or abuse of a handicapped person must be reported to the appropriate authorities.
2. If your counselor believes your actions may constitute a danger to either yourself or others, this information must be reported to the potential victim or relevant authorities.

3. Information must be released to the courts if requested by a court subpoena under certain conditions.

Regarding Minors

If you are under eighteen years of age, please be aware that the law may provide your parents the right to examine your treatment records. It is my policy to request a verbal agreement from parents that they agree to give up access to your records. I will provide them only with general information about our work together, unless I feel there is a high risk that you will seriously harm yourself or someone else. In this case, I will notify them of my concern. Before giving them any information, I will discuss the matter with you, if possible, and do my best to handle any objections you may have with what I am prepared to discuss.

Termination

Ending relationships can be difficult. Therefore, it is important to have a termination process in order to achieve some closure. The appropriate length of the termination depends on the length and intensity of the treatment. I may terminate treatment after appropriate discussion with you and a termination process if I determine that the counseling is not being effectively used or if you are in default on payment. I will not terminate the counseling relationship without first discussing and exploring the reasons and purpose of terminating. If counseling is terminated for any reason or you request another counselor, I will provide you with a list of qualified counselors to treat you.

You may also choose someone on your own or from another referral source. Should you fail to schedule an appointment for three

consecutive weeks, unless other arrangements have been made in advance, for legal and ethical reasons, I must consider the professional relationship discontinued.

Effective Date and Changes to Counselor/Client Agreement

This notice will go into effect on April 1, 2020. I reserve the right to change the terms of this notice and will provide you with a revised notice when needed.