



University of Wisconsin-River Falls Counseling Services Statement of Informed Consent

Counseling is a confidential and private process in which you meet with a trained professional who can help you sort out issues, assist in decision making, and help you develop and achieve your personal goals. The counselor facilitates a working partnership which allows you to improve your skills, begin to resolve your concerns, and gain a deeper understanding of yourself. Counselors also teach you the life skills and coping strategies for handling challenges today as well as in the future.

All counseling records are kept confidential, and are not part of University records. With rare exceptions, no information is released to anyone outside Counseling Services, including other University offices, faculty, staff, or parents without your written consent. Exceptions to confidentiality include life-threatening situations (i.e., when someone is deemed to be an imminent danger to themselves or others; or in cases of child abuse) or appropriate court order. In these cases counselors may disclose information to protect you or others from harm, or to comply with legal mandates. Counseling Services staff members may share information with each other for the purposes of consultation.

Scheduling Appointments: call 425-3884, or come to the front desk of Counseling Services located in 211 Hagestad Hall. Phones are answered and appointments occur during **regular office hours** from 8am-4:30pm Monday-Friday. If this is an emergency please let the receptionist know. If you need to cancel an appointment, please contact the office as soon as possible.

Help during a crisis after hours is available by calling River Falls Police at 911, or Campus Public Safety at 425-3133.

There may be risks involved in counseling, as well as risks involved in not receiving counseling for a problem. Resolution of a problem may involve uncomfortable feelings and/or significant life changes. While the counselor can give you recommendations for treatment based on experience and training, the choice for treatment is up to you. **To facilitate your counseling experience:**

- Attend your sessions regularly and take an active part in them
- Being as open and honest as possible helps you and the counselor address your core issues
- Be open to trying new or different approaches to dealing with your concerns. Talk openly with your counselor about your progress (or lack of progress) in counseling.
- Apply what you have learned in your sessions to your daily life
- If medication is prescribed, take as directed by physician

UW-RF Counseling Services may not be appropriate for every concern and your counselor will work with you to determine whether referral off-campus may more appropriately meet your needs.

For a grievance about Counseling Services, contact Alice Reilly-Myklebust, Director of Student Health and Counseling Services at 425-3293.

I _____ (student or employee) am seeking Counseling Services at the University of Wisconsin-River Falls under my own initiative. I have reviewed the above conditions and have had sufficient opportunity to inquire more about them. I understand and accept the conditions, and am aware that I may choose to discontinue these services at any time.

Signature

Date