

Soulful Sage Counseling, LLC

Informed Consent & Fee Agreement — Individual Therapy

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Welcome, and thank you for trusting Soulful Sage Counseling with your care. This document contains important information about the therapy process, confidentiality, telehealth, fees, and your rights as a client. Please read it carefully and feel free to ask questions before signing.

1. Provider Qualifications

Your therapist is a Licensed Clinical Mental Health Counselor (LCMHC) in Utah and Idaho, with training and experience in trauma-informed and somatic approaches, Internal Family Systems (IFS), narrative therapy, and sexual health / intimacy-focused counseling. Additional information about credentials, training, and approach is available on request.

2. Confidentiality and Its Limits

Information you share in therapy is confidential and will not be released without your written authorization, except in the situations described below, which are required by Utah law and professional ethics:

- There is reasonable suspicion of abuse or neglect of a child, elder, or vulnerable adult (mandatory report).
- You present a danger to yourself or pose a serious, imminent threat of harm to an identifiable other person.
- Disclosure is required by court order or by law (e.g., certain legal proceedings).
- A medical emergency requires disclosure to appropriate personnel.
- Consultation with a clinical supervisor or peer consultant for quality-of-care purposes (identifying details minimized).

3. Telehealth Consent

Soulful Sage Counseling offers both telehealth and in-person sessions. Telehealth sessions are conducted via a secure, HIPAA-compliant video platform integrated with our electronic health record system. By consenting to telehealth, you acknowledge and agree to the following:

- Telehealth therapy carries some inherent risk: technology can fail, and no internet transmission is 100% secure. Your therapist uses HIPAA-compliant, encrypted platforms to minimize this risk.
- You are responsible for finding a private, confidential space for your session, free from interruption.
- You are responsible for confirming your physical location at the start of each telehealth session, as your therapist's license permits telehealth services only to clients physically located in Utah or Idaho at the time of the session.
- Telehealth may not be appropriate for all situations (e.g., active safety concerns, technology access issues). Your therapist will discuss alternatives if telehealth is not clinically appropriate.
- In-person sessions are available at our Hurricane, Utah office.

4. Emergency Procedures

Therapy is not a crisis service.

Your therapist is not available 24/7 and cannot guarantee immediate response outside of scheduled sessions. If you are experiencing a mental health emergency or crisis, call or text 988 (Suicide & Crisis Lifeline), call 911, or go to your nearest emergency room.

5. Risks and Benefits of Therapy

Therapy can bring meaningful benefits, including symptom relief, greater self-understanding, improved relationships, and new coping skills. It can also surface difficult emotions or memories, and progress is not always linear. Your therapist will work collaboratively with you throughout this process and will discuss concerns about therapeutic fit or progress openly.

6. Cancellation & No-Show Policy

Sessions must be canceled or rescheduled at least 24 hours in advance. Sessions canceled with less than 24 hours' notice, or missed without notice, will be charged a half session fee. Repeated late cancellations or no-shows may be grounds for reassessing the treatment plan or referring out.

7. Fees & Payment

Soulful Sage Counseling is in-network with SelectHealth and also works with Blue Cross Blue Shield, Cigna and Evernorth, EMI Health, MotivHealth, Optum, and UnitedHealthcare (UHC | UBH). A superbill (statement of services) can be provided upon request for clients who wish to seek out-of-network reimbursement. Please note that using insurance or submitting a superbill typically requires a mental health diagnosis and involves sharing information with your insurance company; this is your choice and responsibility.

Service	Fee
Individual Session (60 minutes)	\$160
Late Cancellation / No-Show	Half session fee

A limited number of sliding-scale spots are available for qualifying clients experiencing financial hardship; ask your therapist if this may apply to you. Payment is due at the time of service via the payment method on file. A separate, detailed fee schedule is available on request.

8. Record Keeping

Session notes and treatment records are maintained in a secure, HIPAA-compliant electronic health record system and retained per Utah licensing board requirements.

9. Termination of Services

You may end therapy at any time. Your therapist may also recommend ending or pausing services if it is no longer clinically appropriate — for example, if a higher level of care or a referral to a specialist is a better fit. Whenever possible, your therapist will discuss this openly and provide referrals.

10. Client Rights

- You have the right to ask questions about your therapist's approach, training, and treatment plan at any time.
- You have the right to refuse or discontinue treatment at any time.
- You have the right to request a copy of your records, subject to applicable law.
- You have the right to file a complaint with the Utah Division of Professional Licensing (DOPL) if you have concerns about your care.

11. Acknowledgment & Consent

By signing below, I acknowledge that I have read, understood, and had the opportunity to ask questions about this Informed Consent & Fee Agreement, and voluntarily agree to its terms as a condition of receiving therapy services at Soulful Sage Counseling, LLC.

Client — Signature

Date

Clinician — Signature

Date