

Informed Consent to Treatment & Confidentiality

APPROACH: We provide short and long-term guidance and support, and do not discern between the labels- therapy, psychotherapy, counseling, guidance and support. All Love U practitioners are trained in specific arenas, yet all practitioners serve, first and foremost, with presence, non-judgement and compassion. We see that most of the issues one comes in with are greatly impacted by the dysfunctional culture in which we are born and conditioned into. We see that wellness is more than the absence of disease; it is a state of optimal well-being. It goes beyond the curing of illness to achieve health. Through the ongoing integration of our physical, emotional, mental and spiritual self, each individual has the opportunity to create and preserve a whole and happy life. Our services are designed to provide one with an integrated solution for their mind, body, spirit, and life.

INDIVIDUAL/PRACTITIONER RELATIONSHIP: Love University/Love U (Love U L3C) therapists/practitioners/guides/mentors and those they work with, clients/individuals, have a unique relationship. “Practitioners” or “Love U Practitioners” and “Individuals” will signify all aforementioned titles. Love U practitioners have come to understand there are greater benefits gained in a more dynamic relationship structure than the traditional therapist/client relationship structure. **We use a framework that addresses one’s cultural conditioning, individuality and complexity. Techniques and strategies will be used to address the whole person. What does this mean?**

- We do not follow one therapeutic approach. All practitioners are transparent around their expertise and guidance, and at any time one can inquire around more information. We will often take from several psychological perspectives to serve one’s needs effectively. At the root of all guidance given is the belief that one deserves care, presence and compassion, first and foremost.
- There are times Love U practitioners will share personal experiences. When working with individuals, we are always assessing the most beneficial action and we attempt to take that action. From what we know about trauma, healing and transforming behaviors and patterns, we believe correct action is sometimes making personal connections through stories and shared experiences. We have come to understand that if the practitioner and individual have had a similar experience around a certain traumatic experience, this can lay a deeper grounding for healing. We are always careful to speak and share when useful, and to not take away from one’s experiences.

- Love U practitioners will sometimes bring in a colleague or friend for educational and therapeutic purposes. For instance, a professional athlete transitioning away from their sport will have a unique mindset for mastery and experiences most of us haven't. We may bring in a friend who has gone through the transition already. This decision is taken seriously and with caution, and often discussed in clinical group supervision first.
- Love U practitioners will sometimes go to an individual's home, meet virtually or meet in an environment outside of the Love University office space. This option may be utilized for several reasons: an injury that makes it hard for an individual to drive to the office; eco-psychology opportunities in nature; contagions; support that makes the most sense in the home (child sleep support, for ex.); or for any other reason in which the practitioner and individual agree would be helpful and useful.
- There are times when intensive support is needed. This service is referred to as "Intensive Therapeutic Guidance". In these times, Love U practitioners make themselves available for an agreed upon extended period of time, between 10-13 hours, within the Love University office space or elsewhere. This time can feel intimate. For instance, food will be provided and the possibility of sleeping over in the space is an option. Practitioners will check in frequently around the comfort level of the individual and will encourage the individual to share around their comfort level. Practitioners will always ask for verbal consent before physical contact is made with the individual. Some examples of physical contact are: hand holding; rubbing one's forehead; foot massage. Practitioners will never touch in a sexual manner or imply their support is of a sexual nature. If an individual feels sexual contact is needed for healing the practitioner will provide contact information for a practitioner who is specialized in sex therapy. If at any time the individual does not feel safe, the individual can ask to have their safety person contacted, and the practitioner will work towards an exit plan.
- Love U practitioners understand that community is vital. At times, we may go to an event that an individual is participating in to support their growth and courage. We also support and engage with individuals that involve themselves in other Love U services, such as dialogue groups and community gathering. We will often hold small therapeutic and supportive focused groups. When practitioners and individuals engage outside of the 1:1 therapeutic setting, the practitioner will follow the individual's lead around the level of engagement they feel comfortable with and will uphold confidentiality, if that is the individual's desire. Contact with the individual, inside or outside of the therapeutic space, will never be of a sexual nature.

APPOINTMENTS: Appointments are scheduled on a non-recurring, weekly, bi-weekly or monthly basis and are about 60 minutes in length or 10-13 hours in length for intensive therapeutic guidance. More frequent sessions or consultations are available when desired. If you must cancel or reschedule an appointment, we ask that you email or text your practitioner directly, as soon as you know and at least 24 hours in advance, whenever possible. This will free the appointment time for another individual. We do not charge for missed appointments. We trust you are trying your best to make your appointments. If more than two appointments are missed without notice, another schedule or plan of care will be discussed.

PAYMENT OPTIONS: Love U L3C is a donation and gift based low-profit limited liability company. Your Love U practitioner will inform you about the payment structure and answer any questions before or after your first session.

- For Individualized Therapeutic Guidance we suggest a donation between \$60-125 per hour. For Intensive Therapeutic Guidance we suggest a donation between \$1300 - \$3250. We landed on these ranges by contemplating the time commitment, presence and level of support we will be providing. As with all of our offerings, we know the range cannot always be met, and that's okay. Please feel free to discuss this with us, we're sure we can figure something out. We do ask that you try to give something, and we trust you will give what you can.
- There are several ways to make a monetary donation: from the website's Support Page; Venmo directly to your practitioner; invoice; give cash or check. Checks can be made out to Love University or directly to your practitioner.
- Gifts are appropriate, along with any sort of trade of service for service. We strive to work with one around their financial situations. Individuals are encouraged to discuss any financial difficulties with their practitioner as well as barterings ideas. Typical bartered gifts may be: coffee; foods; gift cards; pottery; service trades.

CONFIDENTIALITY: Love U practitioners keep records of your sessions. These records are confidential with the exceptions noted below, above in the INDIVIDUAL/PRACTITIONER RELATIONSHIP section, and in the Notice of Privacy Practices provided to you. Discussions between practitioners and individuals are confidential.

- No information will be released without the individual's written consent unless mandated by law. Possible exceptions to confidentiality include but are not limited to the following situations: child abuse; abuse of the elderly or disabled; abuse of patients in mental health facilities; sexual exploitation; AIDS/HIV infection and

possible transmission; criminal prosecutions; child custody cases; suits in which the mental health of a party is in issue; situations where the practitioner has a duty to disclose, or where, in the practitioner's judgment, it is necessary to warn or disclose; fee disputes between practitioner and client; a negligence suit brought by the client against the practitioner; clinical supervision between the practitioner.

- If you have any questions regarding confidentiality, you should bring them to the attention of your practitioner or another Love U practitioner.
- By signing this Information and Consent Form, you are giving consent to Love U L3C to share confidential information with all persons mandated by law, with the agency that referred you, HSA personnel, with other Love U practitioners, and you are also releasing and holding harmless the undersigned practitioner from any departure from your right of confidentiality that may result.

YOUR RIGHTS: As an individual receiving services, you have the following rights: To be treated with consideration and respect for human dignity; To receive quality care regardless of race, religion, sex, age, ethnic background, mental and/or physically disabling condition; To be provided confidentiality and protection from any unwarranted disclosure regarding your care; To be involved in your discharge and aftercare planning; To refuse treatment to the extent permitted by law and to be informed of the possible consequences of your actions; To expect continuity of care from one service to another, should you need another service.

RISKS AND BENEFITS: Guidance and psychotherapy are beneficial, but as with any psychological treatment, there are inherent challenges. During sessions, there will be times when personal issues will arise which may bring to the surface uncomfortable emotions such as anger, guilt and sadness. A goal of Love U guidance is deep rooted change, which often is only possible through discomfort. Discomfort is often encountered before real clarity and healing can take place. Possible benefits that can come out of Love U guidance are improved personal relationships, reduced feelings of emotional distress, deeper understanding of the transpersonal and cultural self.. We cannot guarantee these benefits, of course. It is our desire, however, to work with you to attain your personal goals.

DUTY TO WARN/DUTY TO PROTECT: If a Love U L3C practitioner believes that I (or my child if child is the client) am in any physical or emotional danger to myself or another human being, I hereby specifically give consent to my Love U practitioner to contact any person who is in a position to prevent harm to me or another, including, but not limited to, the person in danger. I also give consent to my Love U practitioner to contact the following person(s) in addition to any medical or law enforcement personnel deemed appropriate:

Name

Telephone Number

CONSENT TO TREATMENT: By signing this Client Information and Consent Form as the Client or Guardian of said Client, I acknowledge that I have read, understand, and agree to the terms and conditions contained in this form. I have been given an appropriate opportunity to address any questions or request clarification for anything that is unclear to me. I am voluntarily agreeing to receive services for me (or my child if said child is the client), and I understand that I may stop such treatment or services at any time.

Signature – Individual/Guardian

Date

Love University Practitioner

Date

You can find more information on our website: loveuvt.love.