

## Limits of Confidentiality and Conditions for Receiving Counseling Services

### **Confidentiality**

No information about counseling will be released outside of Texas A&M University at Qatar Wellness Program to anyone without a client's written authorization. However, there are limits to confidentiality, and they include the following:

1. When there is a risk of imminent harm to any person, I may break confidentiality in order to protect a life.
2. When a court of law orders the release of information, I am bound by Texas law to comply with such an order.
3. When I have reason to believe that a child or mentally disabled person or an elderly person is in danger of or is being physically, emotionally, or sexually abused, I am obligated by Texas law to report this knowledge to the proper authorities.
4. Confidentiality does not extend to criminal proceedings. If a client becomes involved in criminal proceedings, the client's file may become open for court inspection.
5. Texas law requires LPCs (Licensed Professional Counselors) report incidences of sexual misconduct on the part of other mental health therapists.

### **Conditions for Receiving Counseling Services**

**Eligibility for Services:** Clients must be currently enrolled students to receive counseling services at Texas A&M University at Qatar. During the summer sessions, non-enrolled students may be seen for counseling if they meet one of the following criteria:

1. any former student who has pre-registered for or been granted readmission for the upcoming Fall Semester
2. any prospective freshman or transfer student who has been admitted for the fall semester.

**Short-term counseling:** Texas A&M University at Qatar Wellness Program counseling is a brief counseling service that provides short-term counseling and crisis intervention services. Students and their counselors work together to achieve limited counseling goals in a short time. Clients agree to follow recommendations made by their counselor. Short term counseling is not appropriate for all concerns. One of the purposes of the initial appointment is to determine if your concerns are best served by the Texas A&M University at Qatar Wellness Program or by another, more appropriate on or off campus service. Texas A&M University at Qatar Wellness Program can provide referral assistance for students desiring longer-term counseling.

**Consultation with Other Mental Health Professionals:** Texas A&M University at Qatar Wellness Program counselor may consult with other Education City mental health providers for the purpose of providing the best possible service.

**Missed Appointments:** It is expected that clients will keep all scheduled appointments. If, due to illness or a rare emergency, a client is unable to attend a session, she or he should call the Wellness Program counselor to cancel the appointment as far in advance as possible. If an appointment is missed and a client does not call to reschedule the appointment within 24 hours, the Wellness Program counselor will assume that the client is no longer interested in service at that time and therefore is no longer a Wellness Program client.

**Late Arrivals:** If a client arrives for an appointment more than 10 minutes late, the appointment may be rescheduled. Late admission to workshops and groups is at the discretion of the workshop and group leaders.

**Crisis Intervention:** Students, whether or not they are Wellness Program clients, are always eligible to receive crisis intervention. Whenever possible, clients should inform their counselor if a crisis develops between appointments.

**Benefits and Risks of Counseling:** Ordinarily, we expect counseling will have a positive impact on clients and their life goals. Benefits may include an improved ability to relate to others; a clearer understanding of self, values, and direction; decreased depression, confusion, anger, or anxiety; increased academic productivity; and an ability to deal better with everyday stress. On the other hand, clients may experience some temporary discomfort when addressing difficult or unpleasant issues in counseling, though generally people feel better in the long run when they address these. Relationships with others may also change as clients explore themselves and their feelings and develop more effective ways to achieve desired qualities in their lives.

I understand the limits to confidentiality and the conditions of services stated above, and I agree to abide by the conditions for receiving services at the Texas A&M University in Qatar Wellness Program.

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signature

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date

If you have questions about the information on this form, please discuss them with your counselor today or anytime.

