



## SAN DIEGO COMMUNITY COLLEGE DISTRICT

### **Informed Consent: San Diego Mesa College**

*Student Health Services: Psychotherapeutic Counseling Component*

*7250 Mesa College Drive, San Diego, California, 92111 Phone: (619) 388-2774*

Students currently enrolled and attending at least one class at Mesa College are eligible to receive a limited number of counseling sessions per semester. Due to demand, we cannot provide ongoing sessions more than one semester consecutively, but will allow 1-2 additional sessions for purposes of follow up or help with referrals. This will be on a space available basis. Individual, couples and family counseling is available by the request of the student. If the student is under the age of 18, parental consent is required. Psychological counseling will be provided by an experienced licensed mental health professional.

**Confidentiality:** All information regarding your counseling, including the fact that you may have an appointment is confidential. Please read below to understand the extent and limitations of confidentiality.

- Any recorded information about your counseling will not be part of your academic record.
- All state and federal laws applicable to confidentiality, as well as professional code of ethics will be strictly observed.
- All information that you share with our therapist, with the exception of ***“Exceptions to Confidentiality”*** is strictly confidential. Releasing any information requires a written consent from the student. Please read below to determine the ***“ Exceptions to Confidentiality”***
- Any type of audio/video recording is prohibited in the counseling session, unless expressly agreed to in writing between the therapist and the client. In all cases, the audio/video recording is part of the clinical record, and the property of the therapist.

**Exceptions to Confidentiality:** If you disclose to your therapist a risk of harm in self, others, or information regarding abuse of others, your therapist will be required to report this information to the appropriate officials. Please read below to assure your understanding of the limits of confidentiality that your therapist must legally and ethically report.

- **Child Abuse:** If your therapist has reasonable cause to believe that a child known to her/him in a professional capacity may be at risk for abuse, the therapist must report this belief in accordance with the **Abuse and Neglected Child Reporting Act**.
- **Adult and Domestic Abuse:** If your therapist has reasonable cause to believe that an individual (who is protected by state law: elderly or disabled) known to her/him in a professional capacity may be at risk for abuse, neglect or financial exploitation the therapist must report this belief in accordance with the **Elder Abuse and Neglect Act**.
- **Serious Threat to Health and Safety:** If your counselor believes that you present an imminent risk of physical or mental injury (including death) to yourself or others or if you communicate to your therapist that you intend to harm a named person or persons, your therapist by law must warn intended victims or report it to the authorities to prevent harm or risk to the intended victim or yourself.



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- If you need further clarification regarding limits of confidentiality, please contact Student Health Services and request to speak to one of our licensed clinicians. 619-388-2774

### Policies:

- There is no charge for counseling. We believe that all students should take advantage of this service. Student Health Services provides Psychotherapeutic Counseling to assist you in working through personal issues that may arise and interfere with your education. The only requirement is that you are a student at Mesa College.
- **You will be charged for your appointment if you do not cancel 24 hours in advance.** The charge is \$5.00. If you cancel 24 hours in advance, there will be no charge.
- **Please understand that you are applying for counseling services. Services are not guaranteed. If we believe that your presenting problem can be more professionally addressed in a community setting, your therapist will use your sessions to make sure that you receive the referrals most appropriate for the issues confronting you.**
- Your therapist will wait 15 minutes before you are considered a “No Show”.
- A student who misses the first two appointments, even if she/he calls to cancel will be placed back on the waiting list.
- Students currently being treated by another counselor (excluding a medicating psychiatrist) are not eligible to receive psychological counseling services.
- Please be reminded, that you are required to follow all policies relating to conduct that are listed in the annual Mesa College Catalogue and Schedule.
- In the interest of protecting confidentiality and transparency of intent, we require that you provide written notice of the use of visual or auditory recordings 24 hours in advance of your meeting with the therapist. Visual or auditory recordings are not allowed during group events/therapy.

### Client Feedback:

If you should have any questions or feedback regarding your experience as a client, or if you feel you have a valid complaint, please contact us at 619-388-2774. We will review your concerns and meet with you personally to ensure that your services were handled in a professional and ethical manner.

I acknowledge that I have read and understand the above policies, confidentiality and legal limits of confidentiality.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Therapist: \_\_\_\_\_ Date \_\_\_\_\_