

Counseling Services

Your friends, family neighbors and
love ones do not have to suffer
alone, we CAN help.

Counseling Training

Take advantage of our Counseling Training,
offered twice a year during the fall and
spring or as needed.

Practicum and Interns students are welcome.
Call the SOTM Office for more information.

of

SOTM, Inc.

Supporting Others Through Mentoring

*A mentoring non-profit organization providing life
skills coaching to individuals in the community.*

SOTM, INC.

Supporting Others Through Mentoring

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**Informed
Consent
For
Counseling**

Welcome

Confidentiality

To the Counseling Office at SOTM, Inc. This guide is designed to inform you about SOTM, Inc. counseling services.

1. Individual, couples, families and group counseling are available to assist you at those times of critical need. Appointments may be made for counseling, or an individual may see the counselor of the day without an appointment, but on first-come, first-served basis.
2. Counselors in this office address intellectual, emotional, spiritual and physical problems in building, time management, overcoming anxiety, interpersonal relationships and adjustment difficulties. Family, careers, parenting and marital problems are also covered.
3. As you read this information, please feel free to mark any section, which is not clear to you, or write in any questions you have so that you may discuss them during your first meeting with a counselor. This guide is yours to keep and refer to later.

You can make the best decisions if you have enough information and understanding of how the SOTM, Inc. counseling office provides its services.

CALL 972-709-1180

Information revealed in a counseling relationship will be treated with utmost respect. You have a right to privacy and confidentiality, and we will guard these rights as much as is permitted by the law and ethical standards.

However, there are a few exceptions to confidentiality:

- (1) When there is imminent danger to yourself or others;
- (2) When we learn that a child, disabled person, or elderly adult has been abused or neglected;
- (3) If we are ordered to release information to a court of law; and
- (4) If you are a minor (under 18) your parents or legal guardian must give consent and may access your records in some cases.

We hope that you understand that in cases of imminent danger, the law and professional ethics set the protection of life as the highest priority.

If you desire information to be shared with others, you will be asked to sign a Release of Information Form. We will not send out information unless we have your full approval, barring legal and ethical exceptions.

Counselors will occasionally consult with each other on client issues. In such cases, only the information necessary to achieve the goals of the conference will be shared. If a problem is beyond the scope of our services, we will attempt to refer you to a resource that can help you. If a client appears to be at risk, referrals will be made for emergency evaluation.

Counseling Approaches

Each counselor has his or her own counseling approach. The SOTM, Inc. Counseling Office generally adheres to short-term, goal oriented counseling. If however, you could benefit from additional services, which go beyond what we offer, we will provide appropriate referrals and assist you in the referral process.

SLIDING FEE SCALE

Counseling services are free for the first two sessions to the community. To keep our services and programs affordable, SOTM utilizes a sliding fee scale based on clients' family income and family size. SOTM charges a reasonable fee that the individual or family is able to pay. The fee is set up during the phone assessment. All fees are due prior to the start of each session unless other payment arrangements have been approved in advance. No one is turned away due to lack of funds. Our fee scale, which reflects our underlying approach to this organization, is designed to enable individuals at all income levels to afford counseling services.

The office is partially funded by donors just like you. Donations help keep the day-to-day operation of the office.

Your donation is tax deductible as SOTM, Inc. is a 501 (c) (3) organization.

SOTM, Inc. is an equal opportunity organization.