

Therapy Informed Consent

[Stacy Cahalan](#), *Licensed Professional Counselor, Kansas*

This is an agreement between therapist and client that is required by the state of Kansas. Please don't hesitate to ask me about any of the items below. This consent form must be signed before therapy can begin.

Voluntary Participation Therapy is your choice. You can stop at any time without penalty. Use the first few sessions to see if we're a good fit. If not, I'll help you find someone who is.

Your Role Please come to sessions on time, sober, and ready to talk. Therapy works best when you're open and active in the process—during and between sessions.

My Role I'll show up prepared, supportive, and focused on your goals. I'll bring my full attention, insights, and tools to help you grow and heal.

What to Expect

- **No Guarantees** – Many people improve in therapy, but results aren't guaranteed
- **Risks** – Therapy can bring up tough emotions and may feel uncomfortable at times.
- **Benefits** – You may gain insight, relief, improved coping, and better relationships.

Alternatives There are other ways to seek help too—like books, support groups, or self-help programs.

My Background I am Stacy Cahalan, a Licensed Professional Counselor in Kansas with a Master's in Counseling. I use a blend of Cognitive Behavioral, Humanistic, Narrative, and Acceptance & Commitment Therapy. I also offer spiritual integration if desired.

Confidentiality What you share stays private—except in cases where:

- There's abuse of a child or vulnerable adult
- You're a danger to yourself or others
- The court requires disclosure
- You're under 18 and certain legal exceptions apply

Sessions & Records Sessions are 50-60 minutes long and usually scheduled every 1–3 weeks. I keep handwritten records that I will digitize anytime there is a need to do so. I charge \$150 an hour to digitize/summarize records for court or any legal setting. I charge \$250 an hour to show up in court for any reason.

For Minors If you're under 18, parents have legal access to your records, but I encourage minimal involvement unless safety is a concern. In split custody cases, both parents must sign consent forms.

Fees & Payment

- Individual therapy: \$150/session
- Couples/family: \$170/hour
- House calls (when needed): \$180
- Payment is due within 24 hours.
- If you cancel a session within 24 hours of your appointment, you will be charged \$75.

Insurance I do not accept insurance, but I can provide receipts for reimbursement or HSA use.

Contact & Emergencies I try to be very attentive and responsive to client needs via cell, email or text. In an emergency, call 911.

Ending Therapy You can stop therapy anytime. I may suggest ending therapy if it's not effective or if needs change. I may also nudge you to end therapy if I feel like you have met all of your goals. I will also offer referrals if needed.

In summary, here are a few things I like to tell people before getting started with therapy

- I like to work with anyone who is open to changing their life for the better and who is ready to do the work. Warning: prescribing homework and behavioral experiments are my jam. I see clients of all ages.
- My therapy office is at Your Wellness Connection at 75th and I-35 in Shawnee, KS.
- If you would prefer virtual therapy, I love phone calls.
- From August-May, I see clients on evenings and weekends as I am a School Counselor by day.
- I am a Licensed Professional Therapist in the state of Kansas - this means you need to live in Kansas.
- I do not accept insurance -- though I am happy to provide documentation and receipts for other insurance providers or Health Savings Accounts submittals.
- Therapy appointments are \$150.
- Family and couples therapy appointments are \$170 per hour.
- I love doing house calls when the need arises; all house calls are \$180.
- I am a passionate mystic kind of Catholic (Jesus loved everyone. I mean everyone) with a Buddhist heart. I am happy to weave spirituality into therapy or leave it alone altogether.
- Counseling theories that I love to tap into: Acceptance & Commitment Therapy, Cognitive Behavioral Therapy, Logotherapy & Narrative Therapy.

I am over 18 years old and with this signature, understand and agree with everything in this informed consent document.

Signature: _____

Printed name: _____

I am signing this as a parent or guardian to: _____

Date: _____

Please sign and return to hello@stacycahalan.com prior to our first visit.