

# Brulé Counseling, LLC

Nicole Brulé, PsyD  
Licensed Psychologist  
(541) 953-3929



David Brulé, PhD  
Licensed Psychologist  
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## Informed Consent to Counseling Services

Welcome to our counseling practice. This document contains information on our professional services and policies. Please read each section below and let us know if you have any questions. During our first appointment we will go over this information together, and add our signatures as a shared agreement.

### PSYCHOLOGICAL SERVICES

Psychotherapy is difficult to describe in general terms. It varies depending on the personalities of the psychologist and client, the therapist's theoretical orientation, and the specific concerns a client seeks to address. In my work, there are many different therapeutic strategies I may use, depending on a client's unique needs and circumstances. However, I can tell you that psychotherapy, much like physical therapy, requires your active engagement. In order for therapy to be successful, you will need to work on things we talk about both during and between sessions. In addition, I will periodically seek your feedback and perspective on our work together, and encourage you to respond as openly and honestly as possible.

While therapy can provide significant benefits, it also has risks. Because therapy often involves exploring distressing experiences or patterns, it can bring up difficult feelings, such as sadness, helplessness, guilt, anger, frustration, and loneliness. However, therapy has been shown to benefit those who go through it, and often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But, there are no guarantees as to what you will experience. Therapy involves a large commitment of time, money, and energy, so clients should take care in selecting a therapist. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

Our first few sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if you decide to continue with therapy. You should evaluate this information along with your own opinions about whether you feel comfortable working with me. At the end of the evaluation, I will notify you if I believe that I am not the right therapist for you and, if so, I will give you referrals to other practitioners whom I believe are better suited to help you.

### MEETINGS

Typically, the first 2-4 sessions are in part an evaluation of needs and services. Together, we use this period to assess treatment options, and how to best address your treatment goals. If we agree to continue therapy, we will determine an ongoing time for weekly 50-minute session. Once an appointment hour is scheduled, you will be expected to pay the fees, unless 24-hours advance notice of cancellation is provided, or you were unable to attend due to circumstances beyond your control. If it is possible, I will try to find another time to reschedule the appointment.

### CONTACTING ME

I am often not immediately available by phone. If you need to speak with me between sessions, call and leave a voice message or text, and I will get back to you as soon as possible. I will make every effort to return your call within 24 hours, or on the next day that I am in the office. If you are difficult to reach, please inform me of some times when you will be available. Email is not a crisis resource, is not checked daily, and is only for scheduling and cancellations.

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If you are unable to reach me, and are in crisis, contact an emergency support service such as:

- Local 24-hour Crisis Hotline: (541) 687-4000,
- Sexual Assault Support Services: (541) 343-7277
- UO Counseling Center (for UO students): (541) 346-3227
- Emergency Room (Sacred Heart Hospital): 1255 Hilyard St, Eugene.

If I am out of town or unavailable for an extended period of time, I will arrange for another mental health professional to respond to clients in my absence.

## **CONFIDENTIALITY**

In general, the privacy of all communications between a client and therapist is protected by law, and I can only release information about our work to others with your written permission. But there are a few exceptions in which I am legally obligated to provide information.

- In some legal proceedings, a judge may order my testimony if he/she determines that the issues demand it, and I must comply with that court order.
- If I believe a child, elderly person, or disabled person, is being abused or has been abused, I must make a report to the appropriate state agency.
- If a client threatens serious bodily harm to another, I may be required to take protective actions, such as notifying the potential victim, contacting the police, or seeking hospitalization for the client.
- If a client threatens harm to self, I may be obligated to seek hospitalization for the client, or to contact others who can help provide support. If such situation occurs, I make every attempt to discuss this with the client before taking any action.

In order to maintain best practices, I occasionally engage in consultation with other mental health professionals regarding ongoing clinical work. However, clinical consultations are conducted with limited information to avoid revealing the identity of clients. In addition, these mental health consultants are also legally bound to keep the information confidential. Ordinarily, I will not tell you about these consultations unless I believe that it is important to our work together.

Although this written summary of exceptions to confidentiality is intended to inform you about potential issues that could arise, it is important that we discuss any questions or concerns that you may have at our next meeting. I will be happy to discuss these issues with you and provide clarification when possible. However, if you need specific clarification or advice I am unable to provide, formal legal advice may be needed, as the laws governing confidentiality are quite complex and I am not an attorney.

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## Informed Consent to Counseling Services Signature Page

Your signature below indicates that you have read the Informed Consent to Counseling Services document, have had all your questions answered and agree to abide by its terms during our professional relationship.

Client Signature: \_\_\_\_\_, Date: \_\_\_\_\_