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## **Informed Consent**

Thank you for your interest in Living Well Counseling and Consulting, Inc. Whether you have already made an appointment, or just want some details to help you decide, this information will be helpful. Unless it is not your preference, we will add your name to our general mailing list so you will receive newsletters and communications from us. For natural health consultations, a one or two hour phone session may be scheduled with Craig Christner ND, prior to or in addition to your counseling process. Craig is Spiritual Director for Living Well Ministries and the natural health advisor for LWCC.

**Scheduling** – Counseling sessions are scheduled with Kriss Mitchell, Prayer Counselor and are 1.5 to 3 hours in length or in a week intensive format of 15 hours. For more local clientele, appointments either weekly or every other week depending on the need are always available. For ministry away from the Post Falls location, only a 15 hour week intensive format is offered. If you are seeking marriage counseling, you may be scheduled to receive ministry together and/or separately as needed. Illnesses and accidents are never planned, but in the event of an unforeseen problem, every effort will be made to reschedule your appointment.

As a part of this counseling process, asking at least two to three other persons, such as your pastor, friends, spouse, etc., who will commit to praying for you during our time together can be beneficial. It can also be important for you to have a support network around you over the course of your counseling time. This network could include your pastor, trusted friends, colleagues, family or your spouse and would provide you with support at times when your counselor is not available. Healing does not stop when you leave your session and depending on the time in between your sessions, there may be a need to touch base with someone you trust and feel safe with as you move through the healing process.

**Childcare** – Unfortunately, we do not have facilities or staff to provide child-care. Please make your own arrangements for child-care prior to your appointment.

**Compensation** – Cost for ministry is assessed at a rate of \$55.00 per hour. Total cost for a 1.5 hour session is \$82.50; a two hour session is \$110.00. A 15 hour week intensive is \$825.00. We are able to receive personal checks, or credit cards through Pay Pal in payment for services. For a week intensive appointment, a deposit of \$250.00 is due within 7 days of making the initial appointment to confirm your appointment time. The balance of the payment due is expected on the last day of service unless other arrangements have been made in advance. For hourly appointments, payment is due at the time of service.

**Insurance** – Living Well is unable to bill insurance for your sessions at this time.

**Counseling Model** – Our model of counseling contains professional theories and techniques as well as spiritual principles of prayer counseling. If you are not familiar with the concept of prayer counseling, key principles include looking for the basic causes that lie beneath the surface of most problems. *Bitter roots* or wounds of the heart, as they are sometimes called, are basic issues that continue to feed those things in us that lead to broken relationships, negative habit patterns and many other kinds of distresses that cause discomfort in our lives. Once roots are discovered, your counselor will help you find ways to work through those issues with prayer and forgiveness. It is your decision as to which model you are most comfortable with, however, a combination of both is very effective. Counseling looks at what is working and what isn't working in your life, as it stems from early childhood, relationships within the home of origin and past family history. You can expect some homework assignments that will aid the counseling process.

Health consultations may be considered part of your healing process as the physical body is not separate from the emotions. Working with the physical body can facilitate emotional healing in similar way that working with the emotions can facilitate physical healing. Health consultations are always your choice, but we recommend them and have found them beneficial to the counseling process.

**Living Well Counseling and Consulting is not an in-patient facility or crisis center.** Therefore, we do not provide overnight or supervised care for mental illness, drug/alcohol addictions, suicide or other immediate crisis care situations. In such cases, Kootenai Medical Center, a drug/alcohol rehabilitation center or a crisis center may be the best alternative. We reserve the right to refer clients if the need arises, and will work to make the transition as easy as possible for the client.

**Care Plan Guidelines** – When appropriate, it is preferred to work in conjunction with a client’s medical doctor, therapist or psychiatrist if the client has one. When appropriate, a care plan will be sent to the appropriate party in order to help your counselor serve you well. In situations where drugs and/or alcohol are involved, it is recommended the client complete a rehabilitation program or be attending a 12 step program before starting a counseling program.

- We will refer at any point where the treatment requires specialized services
- We reserve the right to ask for a medical or psychological evaluation prior to or during the client’s course of treatment. (medical evaluations would be used to rule out possible physical, medical or pharmaceutical reasons for the client’s distress)
- Your counselor will work with you to establish what your goals are and work towards meeting those goals in an appropriate amount of time. We reserve the right to discontinue the counseling process if the counselor or the client believes a break would be beneficial.
- During the counseling process, your counselor will evaluate with you how well the goal is being met, and discuss any concerns you may have about the process.

**Internship** – There may be times when an intern will be a part of your counseling process. The intern serves as an intercessor as well as part of the session, when appropriate to do so. Teaching others to do prayer counseling in a hands on setting is an important learning experience and we appreciate your willingness to include this in your session. As always, it is your right to decline participation and if you should choose to decline, please inform your counselor as soon as possible. Your choice to participate or not will not affect the quality of counseling you receive in any way.

### **Responsibilities of Counselor and Client**

- The responsibilities of the counselor towards the client are:
  - To be a safe, to do no harm
  - To be guided by ethical guidelines as established by the State of Idaho for those in the counseling profession.
  - To be mindful of the body, mind and spirit connection when assessing the client’s needs for counseling
  - To be mindful and respectful of the client’s spiritual and religious background as it pertains to the counseling process
  - To have intercessors who pray for the counselor and their sessions for the week
  - To work with the client to set clear and attainable goals for what they would like to see as a result of their counseling time.
- The responsibilities of the client are:
  - To be on time for sessions
  - If a session must be rescheduled, to give the counselor 24 hours notice
  - To be faithful to work on their issues and outside homework so progress continues in the sessions
  - To make payment for services rendered at the time of the appointment
  - To have a support network in place while receiving counseling that will help them outside of the counseling sessions (i.e., pastors, friends, intercessors etc)

**Client rights** – You are encouraged to ask questions about the counseling that is provided here and discuss any concerns you may have about the counseling that you will be receiving to make sure that what is offered here is a good fit for your needs. It is your right and responsibility to choose the help you feel best suits you as an individual. You have the right to refuse counseling if you feel uncomfortable with what is happening or to end the counseling time(s) if you desire to.

**Satisfaction or Non-Satisfaction of Counseling Services Rendered** – Counseling provides an opportunity for healing, for which no promises or guarantees can be made relative to the outcome or your personal satisfaction. Your counselor is a licensed minister and a Mental Health Counselor adhering to the guidelines of services as outlined by the state of Idaho.

The readiness for the healing journey cannot guarantee what your response will be to new revelations you may discover along the way. While there is some risk of pain in identifying the root causes of our behavior patterns, obviously we believe in the value of the healing process in preventing those patterns of hurt from continuing in your life. Of course, each individual receiving counseling always has the privilege of stopping said counseling at any time for any reason.

**Confidentiality and Duty to Report:** You have the right to confidential treatment of the information you provide your counselor during your sessions; however your counselor may find it necessary to consult with other colleagues or advisors. You will always be informed should your counselor find this necessary.

Under certain conditions, your counselor is authorized to breach confidentiality in the following areas:

- 1) Communication that reveals the contemplation or commission of a crime or harmful act.
- 2) When it is believed the client may be imminently suicidal, may harm themselves or another
- 3) Written consent from the client to release records to the client or a third party
- 4) When the information is made an issue in a court action
- 5) When there is reasonable cause to believe that there has been child abuse or neglect, abuse of the elderly, dependent or vulnerable adults. This includes abandonment, financial exploitation, sexual or physical assault or if there is reasonable cause to believe that an act has caused fear of imminent harm.

**Permission**

I have read and understand the information contained within this document. It is with this understanding that I enter into this counseling relationship with Living Well Counseling and Consulting, Inc. and Kriss Mitchell as my prayer counselor or Craig Christner as my natural health consultant. I assume all responsibilities set forth in the document above. I understand my right to confidentiality will be respected. No information will be disclosed outside the counseling office without my written consent unless as preempted or required by law. The legal duty of care imposed on the counseling session, and each counselor, is to report to the appropriate authorities as required by law.

I have read, understand and agree to the information provided in the **Informed Consent Document**

Client

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

Parent or Legal Guardian (if a minor):

\_\_\_\_\_  
Parent's or Legal Guardian's Signature Date

Prayer Counselor

\_\_\_\_\_  
LWCC Prayer Counselor's Signature Date