

Equine Assisted Psychotherapy, Learning and Teambuilding Services **Disclosure and Consent**

This will serve as an introduction and address some of the questions you may have about my training and approach. My name is Janet Nicholas. I am a Licensed Professional Counselor, Licensed Chemical Dependency Counselor and EAGALA certified equine facilitator. I graduated from Sam Houston State University with a master's degree in Clinical Psychology and St. Edwards University with an undergraduate focus on addiction studies. Counseling has been my profession for over 25 years.

Equine Assisted Psychotherapy(EAP) incorporates horses in a session with a team of therapist and horse specialist. All work with horses is on the ground, i.e. there is never riding involved or being on the back of a horse. It is important to understand that EAP can bring up very intense feelings.

Equine Assisted Learning (EAL) teaches people communication, assertiveness, social skills, social thinking, problem solving and about relationships. **Teambuilding** is also a part of EAL. Although strong emotions can arise, this is not considered counseling or psychotherapy.

Confidentiality: All information disclosed within sessions and any written records are considered confidential and may not be revealed to anyone without your written permission. Sessions are conducted at a private residence and we do our best to keep them confidential. The only time confidentiality may be broken: reasonable suspicion of child, dependent or elder abuse or neglect and if I believe that you are in danger of hurting yourself or someone else. In some cases, a court can order me to disclose certain information.

Litigation Limitation: By signing this document you are agreeing that should there be any legal proceeding (such as but not limited to divorce and custody disputes, injuries, lawsuits, etc.) neither you nor your attorney(s) nor anyone else acting on your behalf will call Janet Nicholas MA LPC LCDC to testify in court or any other proceeding, nor will a disclosure of any records be requested. Working with equines is at your own risk per Texas State Law Chapter 87 Civil Practice & Remedies Code.

Payments and Insurance Reimbursement: You may pay in full for the entire group or pay at each session. **Payment options are:** Check, cash, MasterCard, Visa, or PayPal on my website at www.trails-less-traveled.com at "Online Payments" menu option. You may also leave your credit card information on my confidential and secure voicemail at 713-882-4268. You can check with your insurance provider for reimbursement of equine assisted activities. A receipt will be provided for you to submit to your insurance company upon request. Please note most will not pay for EAP services.

I have read and understand the information and policies. _____ Client Name

Parent Name _____ Parent Signature _____ Date _____

_____ *Please initial for permission to use photos or videos of your child/teen for training or publicity.*