

# **CAMPUS COUNSELING INFORMED CONSENT**

**Carol Dellinger, LCPC, NCC, CCMHC**

## **EDUCATIONAL BACKGROUND AND TRAINING:**

### **Education:**

M.S. in Guidance and Counseling from Southwest Missouri State University  
B.S. in Psychology and Sociology from Central State University  
Licensed Professional Counselor (LPC) 1998  
Licensed Clinical Professional Counselor (LCPC) since 2000  
Certified Clinical Mental Health Counselor (CCMHC) since 1994  
National Clinical Counselor (NCC) since 1994

### **Professional Associations:**

American Counseling Association  
American College Counseling Association  
Kansas Counseling Association (President 2002-03) Recipient, KCA Award,  
*Outstanding Kansas Counselor 2000-01*  
Kansas College Counselors Association  
Kansas Mental Health Counselors Association (President 1995-96)

## **CONFIDENTIALITY**

I am bound by the ethical standards set forth by the American Counseling Association to keep confidential any information shared with me by adults 18 and older except in the following situations where

- I believe you present a danger to yourself or someone else.
- I am a mandated reporter for child abuse or elderly abuse.
- I am required to testify by a judge in a court of law.

This means that I will not share information with your coach, dean, instructor, parents, etc. without your written permission. I will encourage (and help) you to share problems and concerns with the appropriate people in your life (parents, coaches, etc.) but this will ultimately be your decision. If you are mandated to attend counseling sessions, I will share only the dates of your attendance, nothing more without your consent.

## **THEORETICAL APPROACH**

A major aspect of my job on this campus is to provide short-term mental health counseling to Barton students. I have been trained in the Carl Rogers Person-Centered approach. Carl Rogers had an overriding respect for the dignity of persons and an interest in persons as subjects rather than objects. This is how I choose to approach persons who come to me seeking relief from painful situations in their lives. I believe that the client ultimately holds the solution to his or her problems, but they may need to be able to look at that problem in different ways in order to figure out the best solution.

In addition to this client-centered approach, I find that counseling solutions are often found through utilizing a cognitive approach; that is, I believe that what a person thinks about a situation determines how they feel, which leads to how they choose to act. Many problems are the result of errors of thinking. Once the errors are discovered, I believe that most clients are able to find workable solutions. I believe in helping people learn how to be proactive, rather than reactive in their lives.

## **REFERRAL**

It is often appropriate for me to refer clients to other agencies. Some issues require a physical exam to rule out physical causation, medication may be needed, or more extensive, long-term therapy may be indicated. A client may be referred to the College nurse, to his or her own personal physician, or to the College physician. The College also works with The Center for Counseling and Consultation, and with We Care, both located in Great Bend. The student always has the option of using mental health resources in his or her own town as well. The student assumes responsibility if a bill is incurred with external agencies. Many places have sliding scale fees or no fees (based on the client's ability to pay) so cost should not a deterrent when seeking help.

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I have read the Counseling Informed Consent document for Barton Community College and I understand and agree to the contents.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date