

MEISTER COUNSELING

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INDIVIDUAL COUNSELING INFORMATION, FEES, AND GUIDELINES

Counseling is a collaborative endeavor requiring mutual commitment and participation. Counseling involves the willingness to look again, with fresh eyes, at yourself and the changes that you maybe seeking. Counseling provides a tremendous opportunity for growth, internal change and evolution. One of the models that I use views struggles that individuals inevitably experience are a normal and necessary part of the human drive for psychological wholeness and change. In this work you will be asked to practice and develop the following:

- An on-going willingness to feel, identify, describe, and express aspects of yourself.
- The willingness to be open to your own inner experiences.
- The willingness to regulate your emotional experiences with your inner self.

These can be difficult skills, as they may be new to you. They require courage and perseverance to practice. With this in mind, I will share experience, tools, and ground rules that enhance emotional safety.

I offer the following information with a commitment to clarity and to create conscious agreements in our shared venture. It is designed to provide broad guidelines to our collaboration, as well as, to address specific situations should they arise. Please review and sign below only when all is clear and agreeable to you. I welcome your response and questions. I encourage you to discuss them with me in person or over the phone at **(918) 430-8246**.

Confidentiality: Strict confidentiality applies to information you share with me in session or phone contact except where limited by law. In the event I believe that you may harm yourself or another, or if I become aware of the occurrence of child or elder abuse, I am required by law to make a formal report to the appropriate agencies. If you wish for me to exchange or provide information to others concerning your well being, I will need a written release of information signed by you.

Fees: My fee for individual counseling is \$100.00 per 50-60 minute session. I do offer a sliding scale for those with hardship circumstances. The sliding scale is on a case-by-case basis. Longer sessions are available by arrangement and pro-rated on an agreed upon fee. Payment is due at the beginning or end of each session unless special arrangements have been made in advance. I keep records of your account and can provide billing receipts upon request.

Punctuality: If you are late and I have not received notification from you, I will wait for 15 minutes before assuming that you are not keeping your appointment. Otherwise, we will proceed when you arrive and will end after the 55-60 minutes. I understand that sometimes we all run late to appointments and that is why I try to be as flexible as I can be. However, if there is a pattern of tardiness we will then end at the usual time from the time that you arrive.

Canceled/missed appointments: Please give 24 hours notice if you need to cancel a session. If you are unable to keep an appointment without 24 hours notice, the usual fee will be charged except in the case of an extreme emergency.

Phone calls/texts/emails: If you need to reach me, please leave me a message at (918) 430-8246. I check my messages regularly and will return your call as soon as I can within the same business day. If it is a weekend, I will call you back on the following business day. You may also text me at (918) 430-8246. However, please understand that it is not considered to be confidential. I also can be contacted by email at

Michael@meistercounseling.com, however please limit your email's to scheduling appointments as it is also not considered to be confidential.

Disclosure of Credentials: I am required by the state of Oklahoma to disclose to you my credentials. I have two master's degrees. I have a MA in psychology with an emphasis in marriage and family counseling and an MA in spiritual psychology with an emphasis in consciousness, health, and healing. Furthermore, I am a Licensed Professional Counselor and am licensed by the state of Oklahoma to practice psychotherapy. If you have

any questions about the license or my credentials please feel free to ask me at anytime.

Conclusion: The length of time we will work together depends upon your goals, life situations, and pace of our work. Ultimately you are the best judge of when the process is complete enough to end counseling. With that being said, you, as the client, have the right to terminate counseling at any time. I look forward to working with you and assisting you in living the life that you deserve and want for yourself.

My signature below indicates that I have read and understood the following policies and informed consent presented before me:

Client Signature

Date

Therapist Signature

Date