

Nicole Lilly, MA Candidate, Naropa University

**People House**  
3035 West 25th Avenue  
Denver, Colorado, 80211  
(720) 507-6801  
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## Disclosure Statement

### Your Rights as a Client

The practice of both licensed and unlicensed persons in the field of psychotherapy is regulated by the State of Colorado. Any questions, concerns, or complaints regarding the practice of mental health may be directed to: Mental Health Grievance Board, 1560 Broadway, Suite 1340, Denver, Colorado 80202, (303) 894-7766. You are entitled to receive information about the methods and techniques of therapy I use, duration of therapy (if known), fee structure, and my degrees, credentials and licenses. You may seek a second opinion from another therapist or terminate therapy at any time. In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder.

### Confidentiality

All information provided to me by you in our professional relationship is confidential except in the following circumstances: (a) you sign a release of information for a specific individual or agency; (b) child or elder abuse; (c) you are in imminent danger to self or others; (d) subpoena of records in a criminal procedure, or (e) I am required to report any suspected threat to national security. Additionally, I will consult with a treatment team of supervisors and interns in the Affordable Counseling Program at People House, Naropa University and/or a medical backup. The purpose of consultation is to enhance my ability to help you, and these professionals are required to follow the same standards of confidentiality previously described.

### Education/Training/Credentials

I am a graduate student at Naropa University obtaining my Master's Degree in Somatic Counseling Psychology, where I have completed 49 of 60 program credit hours with a 3.8 GPA. I hold a Bachelors degree in Communications and a minor in Business from University of Texas, Austin. I am also a Certified Yoga Teacher with training in Traditional Thai Massage and other asian bodywork / energy healing modalities. I have completed over 600 hours of combined professional development hours in psychotherapeutic and mind-body modalities, including an Externship in Emotionally Focused Couples Therapy. I completed my clinical practicum placement at Windhorse Community Services in Boulder, CO in 2014. I have over 15 years of experience in digital communications, and have been a sole proprietor and consultant to organizations for the past 6 years. At People House, I am under the supervision of Barb Kamlet, MA, LPC.

### Theoretical Perspective

The therapeutic perspective I hold is holistic and integrative in nature. I aim to understand how internal and external factors may impact overall mental, emotional, physical, and spiritual wellbeing for each client. I hold a client-centered perspective and value collaborating on therapeutic goals that have meaningful impact in the present-moment therapeutic experience and may help you in making choices that impact meaningful change. The theories and techniques that most inform my therapeutic perspective include neuroscience and somatic (body) research / modalities, mindfulness, attachment theory, transpersonal psychology, expressive arts, and Eastern philosophy / medicine. My work with both individuals and couples tends to be experiential in nature with an emphasis on the role of the body as a tool for awareness and change. When deemed to be of therapeutic value, and following an additional touch history intake and client consent, I may incorporate the use of ethical touch to enhance the somatic aspect of the therapy. Ultimately, tending to the therapeutic relationship in a manner most fitting for client progress is of primary concern.

### Services, Fees and Payment

I offer individual and couples therapy as well as periodic workshops and therapy groups. At this time, I work with adolescents age 15 and older. Fees for my services in the Affordable Counseling Program at People House are on a sliding scale of \$20-\$40, which may be determined prior to or at the first session (the guideline is \$10 per \$10K in income, with a minimum fee of \$20 per session). People House does not accept or work with insurance of any kind including Medicaid or

Medicare. Payment is expected at the time of service and may be made with cash, check made payable to People House, or credit/debit card.

### **Couples Counseling**

Sessions with couples will be charged at the same rate as individual counseling; however the sessions may be extended to 75-90 minutes and the fee will be pro-rated accordingly. For clients in couples therapy who also choose me as their individual therapist, I will first work with you to establish what is meaningful to bring from your individual sessions into couples counseling. However, given the nature and complexity of such a therapeutic relationship, complete confidentiality cannot be guaranteed and information from your private session may be disclosed in couples counseling if it seems to be of therapeutic value. It is my intention to uphold the trust we build in individual and couples therapy, and I reserve the right to refer one or both parties to another qualified therapist should an unresolvable conflict of therapeutic interest arise.

### **Cancellations**

Since I have reserved your appointment time exclusively for you, it is my policy to receive at least a 24 hour cancellation notice or you will be charged for the appointment. Cancellations may be made by phone, email, or through the appointment scheduling tool on my website. I will negotiate exceptions for emergencies such as severe weather or sudden illness on an individual, per time basis.

### **Location**

Our sessions will be held at the main People House location (3035 W. 25th Ave Denver, CO 80211). Private parking is available behind our building for all clients.

### **Telephone Calls and Emergencies**

I am available to return business calls between 8am and 6pm, Monday through Friday. If I am out of town, you will be provided the contact information for the associate covering for me while I am away. I do not provide 24 hour emergency coverage. If you have an emergency please call your local 24 hour crisis line listed in the front of your phone book or call 911. There is no charge for brief phone calls with me. Calls lasting longer than 10 minutes will be charged on a pro-rated basis of my hourly fee. Producing written reports on your behalf for insurance companies, physicians, etc. will also be charged at my hourly rate unless very brief.

**There are both risks and benefits inherent in therapy.** Please ask me about these in relation to your specific case. There may be psychological side effects from counseling, which is an inherent risk with any counseling/therapy. You may share information that elicits painful feelings or memories. Our goal is to address these issues therapeutically so you have more choice and capacity for facing difficult life situations. Although there are no guarantees regarding the outcome of therapy, it is our hope that the therapeutic work is of benefit to you.

### **Agreement and Acceptance:**

**I have read the preceding information. I have also received the HIPAA Confidentiality Information Regarding Psychotherapy and Privacy Notification attachments. I understand my rights and responsibilities as a client and I have had an opportunity to ask questions.**

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Client Signature (parent or guardian for a minor)

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Date

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Client Signature (parent or guardian for a minor)

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Date

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Therapist Signature

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Date

**Regulatory Requirements applicable to Mental Health Professionals:** a Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a masters degree in their profession and have two years of post-masters supervision. A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision. A Licensed Social Worker must hold a masters degree in social work. A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure. A Certified Addiction Counselor I (CAC I) must be a high school graduate, and complete required training hours and 1000 hours of supervised experience. A CAC II must complete additional required training hours and 2,000 hours of supervised experience. A CAC III must have a bachelor's degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience. A Licensed Addiction Counselor must have a clinical master's degree and meet the CAC III requirements. A Registered Psychotherapist is registered with the State Board of Registered Psychotherapists, is not licensed or certified, and no degree, training or experience is required.