

Informed Consent Overview

A brief preview of topics reviewed before counseling begins.

What informed consent covers

The nature and purpose of counseling, your goals and choices, possible benefits and risks, alternatives, fees, scheduling expectations, communication methods, records, and the limits of confidentiality.

Your choices

You may ask questions, decline a particular technique, request clarification, give feedback, and discuss whether a referral or different approach would better meet your needs. Clinical hypnosis, Havening Techniques, and other methods are used only when appropriate and with consent.

Minors

For children and adolescents, consent, assent, caregiver involvement, and privacy boundaries are discussed in age-appropriate language.

Not an emergency service

Caula Counselor does not provide continuous crisis monitoring through the website, email, or general inquiry form. For immediate danger, call 911 or go to the nearest emergency department. Call or text 988 for immediate crisis support in the United States.

This overview does not replace the individualized informed-consent document reviewed with the clinician.

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