



Advanced Counseling
Rod Limb M.Ed., LCPC, LMFT
2176 E. Franklin Rd. Suite 100
Meridian, ID 83642
Phone: 208 887-6283

Individual Client Disclosure

I am pleased you have chosen me as your counselor. This document is designed to inform you about my background and orientations. And to ensure that you understand our professional relationship. This document deals with privacy issues and supplements other documents given to you that deal with related issues in therapy. When you sign my intake paper work and initial the receipt of this document, it will represent an agreement between us. Please read it carefully and jot down any questions you might have so that we can discuss them at our next meeting.

First of all, I wish to reassure you that I am personally and professionally committed to protecting your privacy. I realize that therapy can only take place in a setting in which everyone feels secure in the knowledge that his or her thoughts and feelings will remain protected and secure within the confines of the therapy office. While you are in my office you will have my full attention to assist you in progressing and achieving your goals.

In return for a fee of the contracted amount per session (see fee schedule on issues worked with page), I agree to provide counseling services for you. Sessions are the length of time contracted. It is impossible to guarantee any specific results regarding your counseling goals. I assure you that my services will be rendered in a professional manner consistent with accepted ethical standards. Because counseling is a private and most often an emotionally intimate experience, discussing the issues you bring to our counseling sessions may cause you at times predictable or unpredictable feelings. The end result of counseling is to help you feel empowered and independent.

When counselors blend the roles of friend and counselor, they create a conflict of interest that compromises the objectivity needed for sound professional judgment. Because of this, in order to help you as much as possible, please do not offer me gifts or ask me to your home or nonprofessional social activities during the time I am serving as your counselor. Our relationship will be kept strictly professional.

Sexual intimacy with a Counselor is never appropriate and should be reported to the State Licensing Board.

I am a Licensed Clinical Professional Counselor (LCPC) and Licensed Marriage and Family Therapist (LMFT) by the Idaho Board of Examiners for Licensed Professionals. Only Licensed Mental Health Professionals may provide counseling services in Idaho. I have been Nationally Licensed over 20 years as a Hypnotherapist however for cost savings have chosen to not renew this extra certification. I received my Masters (M Ed) degree in Education, Community Counseling from the College of Idaho. I am a Certified Instructor of "Parent Project" a parenting system for out of control teens. My Bachelors of Arts Degree in Communication was from Boise State University in 1987.

The primary difference between counselors and other mental health professionals is that counselors espouse the wellness model of mental health instead of the illness or medical model. I have been a Professional Counselor since 1992. I provide services for clients in my private practice whom I believe have the capacity to resolve their own problems with proper assistance. I believe that as individuals expand perspectives, learn new skills, and become more accepting of themselves and others; they are more capable of finding happiness and contentment in their lives. Self-awareness and self-acceptance are goals that sometimes take a long time to achieve. While some clients may need only a few counseling sessions to feel resolve, others may require months or even years of counseling.

I am biased and work toward helping couples and families stay together; however decisions on marital status are not mine but are the responsibility of you the client. Most relationships are improved with as little as 5-10 sessions while others have sought much more support and progress. I would estimate the majority of my individual clients feel complete with as little as 6-10 sessions while most of my relationship clients are complete with only 10-15 sessions. Where complicated grief issues or addiction or childhood trauma is involved 6 months of treatment to 2 years of periodic tune ups is recommended.

I have worked with spiritual/religious leaders as well as many individuals from various life orientations and life views. It may or may not be important for you to know I personally consider myself a Christian. I am active in my religious community. There was a time I studied some and aspired to become a Chaplain having served in the Army for several years as a combat soldier; instead I became a Counselor. Having interest and a limited study in world religions and cultures I consider myself open to discussing anyone's personal beliefs for your values clarification. I invite you to include your own spiritual beliefs though that is entirely up to you and by no means any requirement. It has been my experience and research shows one's spiritual beliefs can be a vital factor in an individual's strategies for resolving life issues.

I will keep confidential anything you say to me with the following general exceptions: you authorize me to tell someone else, I determine you are a danger to yourself or others, or I am ordered by a court to disclose information.

My goal as your Counselor is to help you grow and progress toward a safer, happier and more productive life. In the unfortunate event I have found sufficient cause for me to report abuse or neglect I will do so under the following circumstances which by my licensing, I am mandated to do.

- Abuse or Neglect of Children, Older Adults, Disabled adults
- Danger to Self
- Danger to Others
- Fatal, Communicable Disease

I will consult with and enlist the help of others to help you and others be safe.

So that I may better serve you; you need to know part of my being a Professional Counselor includes my seeking periodic Consultation. I may consult with my colleagues or professional consultant anytime I work with an individual more than 10 times and may consult approximately every ten visits. If your case

involves something I believe may be helped with additional ideas (The cliché “Two heads are better than one”) without using identifying information I may consult with a monthly peer group of professionals or with my brilliant wife that has a way of helping me clarify my own thoughts or other professionals with possible insight to the topic of your issue. Do not assume I have consulted with her or other staff and that any of them know your case. In most cases when I do consult they still will be unable to identify you with what I have consulted with them.

It is customary in order to prevent an inadvertent breach of confidentiality to not greet clients in public. Thus, should we happen to meet in public, I will intentionally not say hello to you, in order to protect your confidentiality. You may, however, feel free to greet me in public if you so desire and I will do my best to respond. Because much of my work is Brief Therapy and I meet many people in a variety of other settings I may accidentally initiate greeting you while temporarily believing I met you in a different forum.

It is possible while coming or leaving my office you may bump into someone with whom you are acquainted in the waiting room.

In the event we together decide to go for a walk around the neighborhood for the counseling time and discussion; your privacy of working with me is exposed to the public and is therefore done at the risk of being seen diminishing your confidentiality that you may have in the counseling office.

Your email or reminder texts about appointments may not be confidential based upon others that may have access to you phone or email.

No other business associations will be considered if it has been less than 5 years since you were in counseling and then consultation will be sought. Other confidentiality considerations include our procedures regarding the care of your health records. We keep records for five years beyond the date of your last appointment or five years beyond your child’s 18th birthday if they were the client. Some insurance contracts require records to be kept for 10 years after therapy. If I as your Counselor become incapacitated or deceased, all your health records will be transferred by administrative staff to a trusted professional colleague(s). Currently this is with the Cherry Lane Counseling Center of Meridian. **Your file and our Client/Counselor relationship will be considered closed three months after our last appointment.** In the event you die and surviving relatives or others you have included in your counseling seek information from your Counselor S/He reserves the right to use His/hers own discretion on what may be appropriate to share regarding their Grief and Suffering. If there is anyone you specifically NEVER want information please discuss this with your Counselor so your wishes will be noted in your file and followed explicitly.

My Counseling Orientation and approach is known as “Integrative.” This means my approach is a mix of more than one counseling orientation. It is anticipated you will be fully involved in deciding which methods are most helpful for your satisfaction and progress and independence.

My foundational orientation among other influences is three fold: Adlerian, CBT (Cognitive Behavior Therapy), and some extensive hypnotherapy training. I also employ many different tools with my work as may be helpful with a majority of use of Emotional Focused Therapy (EFT) and Emotional Freedom Technique (also known as EFT), and EVOX which is new technology from Zyto Company. See descriptions on other papers or at www.CommunicatingLove.com.

My main Specialties include:

- Relationship Issues
- Infidelity and Porn addiction
- Trauma and PTSD
- Anxiety and Panic

Other Issues having worked with :

- *Addiction
- *Anger Management
- Adolescent
- Chronic Pain or Illness
- *Depression
- Domestic Abuse
- *Emotional Disturbance
- *Family Conflict
- *Internet Addiction
- *Loss or Grief
- Medication Management
- Obesity
- *Parenting
- *Self Esteem
- *Sex Therapy
- Sexual Addiction
- Spirituality
- Suicidal Ideation
- *Weight Loss
- Alcohol Abuse
- *Behavioral Issues
- Chronic Impulsivity
- Coping Skills
- *Divorce
- Dual Diagnosis
- Gambling
- Life Coaching
- Medical Detox
- Narcissistic Personality
- Obsessive-Compulsive (OCD)
- Peer Relationships
- Self-Harming
- *Sexual Abuse
- Sleep or Insomnia
- Substance Abuse
- Video Game Addiction

Mental Health:

- Dissociative Disorders
- Psychosis
- Impulse Control Disorders
- Thinking Disorders
- Bi-Polar

Fee Schedule

See separate sheet. Ask any questions you may have.

Some of my more notable work experience as a counselor since 1992 includes having had opportunity to lecture locally and nationally, conducting workshops and classes on EAP Benefits, Hypnosis, Relationship Enhancement, Stress Management, Parenting skills, Suicide Intervention, and Treatment of sexual victims and offenders. Co-facilitate several times The "LIFE Course" a three day intensive individual and family Adlerian course. Taught Hypnosis, Stop Smoking, Stress Management, Emotional Freedom Technique. I have served as a clinical director of an outpatient Alcohol and drug treatment program as well as on a board and served as Chair of and Inpatient Drug and Alcohol Program.

I worked 10 years as a Crises Counselor for suicide evaluation and intervention.

I worked 8 years part time in Prison providing mental health services including medication management, symptom management, grief and stress and the treatment of Sex Offenders.

My experience is minimal dealing with GLBTQ issues

I have operated independently as a private Practice Counselor either part time or full time since 1993 except as an employee for three years in 1994.

In any event you are dissatisfied with my services for any reason, please let me know or staff know. Your client rights (and responsibilities) include refusing treatment if not desired, participating in treatment decisions, and to seek a second opinion if you feel you are not getting the help you need.

I do all within my power to correct any error. In the unlikely event you feel I have not been able to satisfy your concerns and you have contacted my staff, you may report or file your complaints to the state of Idaho Licensing Board of Examiners without retaliation.

Idaho Bureau of Occupational Licenses

Physical Address: 700 West State Street, Boise, ID 83702

Mailing Address: PO Box 83720, Boise, Idaho 83720-0063

If you contact the IBOL, you must reference my license registration number and write out your question(s) or complaint completely before you make contact. The individual board web pages contain licensure, renewal, and process information that may answer many of your questions.

E-mail - ibol@ibol.idaho.gov Fax - (208) 334-3945 Phone - (208) 334-3233

I hold license number LCPC 344, and LMFT 28

A more detailed description of my counselor training and orientation:

Adlerian

Adlerian Psychology holds that human beings are **goal-oriented** and **choice-making** by nature, not mechanistically victims of instinct, drives, and environment. As social beings, our basic goal is **to belong**. Although heredity and environment have strong influences, to a large extent we make our own choices of **how** to belong. For more information go to <http://www.pasadler.org/about.htm>

CBT (Cognitive-Behavioral Therapy)

CBT is a form of psychotherapy that emphasizes the important role of thinking in how we feel and what we do. CBT focuses on the client's goals. We do not tell our clients what their goals "should" be, or what they "should" tolerate. We are directive in the sense that we show our clients how to think and behave in ways to obtain what they want. Therefore, CBT therapists do not tell their clients *what* to do -- rather, they teach their clients *how* to do.

Cognitive-behavioral therapy is considered among the most rapid in terms of results obtained. The average number of sessions clients receive (across all types of problems and approaches to CBT) is only 16. Other forms of therapy, like psychoanalysis, can take years. What enables CBT to be briefer is its highly instructive nature and the fact that it makes use of homework assignments. CBT is time-limited in that we help clients understand at the very beginning of the therapy process that there will be a point when the formal therapy will end. The ending of the formal therapy is a decision made by the therapist and client. Therefore, CBT is not an open-ended, never-ending process. Cognitive-behavioral therapists seek to learn what their clients want out of life (their goals) and then help their clients achieve those goals. The therapist's role is to listen, teach, and encourage, while the client's roles is to express concerns, learn, and implement that learning.

Reparative exercises are a central feature of CBT.

If when you attempted to learn your multiplication tables you spent only one hour per week studying them, you might still be wondering what 5 X 5 equals. You very likely spent a great deal of time at home studying your multiplication tables, maybe with flashcards.

The same is the case with psychotherapy. Goal achievement (if obtained) could take a very long time if all a person were only to think about the techniques and topics taught was for one hour per week. That's why CBT therapists assign reading assignments and encourage their clients to practice the techniques learned.

For more, see: <http://www.nacbt.org/whatiscbt.htm>

SFBT Solution Focused Brief Therapy

Beliefs:

- The client has the capacity to change... This means the client has the answers and resources within themselves to be successful.
- Focus on the desired Outcome... This is not about the problem, diagnosis or even a solution. It is about hope and helping you achieve YOUR goals.
- Hope and Expectancy... These two are the most important to any therapeutic success.

- Utilize the qualities and relationships that have/give positive support and growth... This is more about being aware of success and positive qualities and leveraging these strengths into further growth to even include new areas.
- Keeping it Simple... This focus is held with discipline and trust and is about the description for the process.

Hypnotherapy

Using hypnosis to promote healing or positive development in any way is known as hypnotherapy. It is usually used to tackle psychological problems within the mind as this is where hypnosis can be very powerful. Successful hypnotherapy can reprogram patterns of behavior within the mind and can allow things like phobias, irrational fears, addictions and negative emotions to be controlled. Hypnotherapy can also be used to control the sensations of pain, and hypnosis has been used to perform surgery on fully conscious patients who would be in obvious agony if not for the use of hypnosis.

Contrary to common myths, hypnotherapy does not involve any form of deep sleep, in fact the subject is actually said to be fully awake and in a heightened state of awareness. However the patient must remain fully focused on the therapy and the success of hypnotherapy depends on the patient's ability to focus on what is being said, establishing a good rapport with the therapist is essential. The patient must believe in the treatment and enter the therapy with an open mind or the treatment will almost certainly be unsuccessful.

More at: <http://www.fullhypnosis.com/2010/03/different-kinds-of-hypnosis.html>

EVOX

The EVOX facilitates a process called Perception Reframing. Perception is the way you feel and think about something. Because we perceive more than we are aware of, perception is more often 'felt' rather than 'thought about.'

EVOX uses the voice (VOX is Latin for voice) to map perception about specific topics like health, relationships, work or athletic performance; any aspect of life. It then analyses that map, called a Perception Index, and creates a playback information packet that the body uses to bring perception to the level of awareness and allow it to be reframed. EVOX is used to improve every aspect of human performance. For more info see <http://www.zyto.com/evox.html>

EFT (Emotional Freedom Technique)

This method is not regulated as such I have done some training but not any continuous formal training for certification. I share this with a majority of clients as most report immediate symptom relief from Anxiety and Panic and other PTSD symptoms.

“In essence, EFT is an emotional version of acupuncture, except we don't use needles. Instead, we use a simple two pronged process wherein we (1) mentally "tune in" to specific issues while (2) stimulating certain meridian points on the body by tapping on them with our fingertips. Properly done, EFT appears to balance disturbances in the meridian system and thus often reduces the conventional therapy procedures from months or years down to minutes or hours. Further, the basic method is very portable and learnable by almost everyone. No special education is required. Even children have produced beginner's benefits with it.” For more info see <http://www.emofree.com/eft/whatiseft.html>

EFT-C (Emotion Focused Therapy for Couples) I have done some foundational training in this system and find it very useful; nonetheless I have not gone through the formal certification process to be classified as an EFT-C Therapist. I have helped many couples improve their relationship since 1992. Clients undergoing EFT are helped to better identify, experience, explore, make sense of, transform and flexibly manage their emotional experiences. It views emotions as a driving force to what works or doesn't work for longer lasting change. From the EFT perspective change occurs by means of awareness, regulation, reflection, and transformation of emotion taking place within the context of an empathetically attuned relationship. EFT works on the basic principle that people must first arrive at a place before they can leave it. Therefore, in EFT an important goal is to arrive at the live experience of a maladaptive emotion (e.g., fear and shame) in order to transform it. The transformation comes from the client accessing a new primary adaptive emotional state in the session.

Today, EFT (Emotion Focused Therapy) is one of the most empirically validated types of couple's therapy. There is significant research on this approach and it has been found that 70-75% of couples move from distress to recovery, and that 90% show significant improvements. These results appear to be less susceptible to relapse than those from other approaches

For more info see http://en.wikipedia.org/wiki/Emotionally_focused_therapy

Since 2013 I have included with some, trauma release techniques called “Rezzimax.” This is focused on some treatment techniques for the nervous system and pain calming the vagus and trigeminal nerves which seems to be very effective in helping emotional healing and addiction extinction. Again, more information is included on the website as it is gathered and posted. See www.RodLimb.com

Additionally Products disclosure:

DISCLAIMER

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult with your health care professional before changing any medications or undertaking intense physical activity.

This is my disclaimer to you that I am not a medical doctor and that you understand my recommendations toward any vitamins or supplements or other product as result of our discussions in counseling are voluntary to your experimenting upon suggested items or products I believe may be helpful as discussed in or out of therapy.

I have learned about a few products I like to share and have available because I believe they make a significant difference in a person's mental and emotional health as well as physical. These will be listed on my website www.rodlimb.com My focus and my commitment is to support your emotional mental health and not be divided with my purpose to support your wellbeing. I have some products available and can sell them to you as a convenience. If you find me online and choose to purchase you should understand I may receive some remuneration for your purchases. If you use and enjoy the products and choose to sign up to share the products with others you are free to work with others in the company. I will refer you for business questions to anyone in my up line. My current main products are EMPowerplus with Q-Sciences, Thrive and Activate and DoTerra Oils which you may request I order if not in stock.

Activate is a nutritional supplement with Thrive Company for helping with depression and anxiety.

Q 96 is a supplement designed to help with Bi-Polar Disorder, ADD or ADHD. Otherwise it can be taken as a general multivitamin to help reduce stress emotionally. The Q sciences company has other supplements you may also want to explore at your own interest.

If you choose to try Q96 and are on medication you MUST NOT do so without other assistance. Work with your Doctor and/or call Micro-nutrient Support (866-397-3116) for guidance in managing your medications. To take Q96 is generally with the goal in mind to eventually get off all or any mental health medications.

DoTerra Oils by many have been found to be useful to assist with the relief of many ailments for minor health symptoms relief.

By signing below I am releasing Advanced Counseling / Rod Limb or associates in relation to any products I am choosing to purchase or experiment with at my own discretion.

Signed: _____ Date: _____

Other Miscellaneous points of Information:

Part of AAMFT Code of Ethics:

3.14 Separation of Custody Evaluation from Therapy. To avoid a conflict of interest, marriage and family therapists who treat minors or adults involved in custody or visitation actions may not also perform forensic evaluations for custody, residence, or visitation of the minor. Marriage and family therapists who treat minors may provide the court or mental health professional performing the evaluation with information about the minor from the marriage and family therapist's perspective as a treating marriage and family therapist, so long as the marriage and family therapist does not violate confidentiality.

7.5 Bartering. Marriage and family therapists ordinarily refrain from accepting goods and services from clients in return for services rendered. Bartering for professional services may be conducted only if: (a) the supervisee or client requests it; (b) the relationship is not exploitative; (c) the professional relationship is not distorted; and (d) a clear written contract is established.