

Robert F. Selby, Jr.
Licensed Professional Counselor
Licensed Marriage and Family Therapist
Granberry Counseling Centers
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STATEMENT OF PRACTICES AND PROCEDURES

Therapy is conducted in a variety of different ways. The following description is provided to inform you of my qualifications and how I view the therapeutic process. This information should help you make an informed decision regarding my service.

1. Qualifications: I received the Bachelor of Arts degree in Psychology from Ouachita Baptist University. I received the degrees Master of Divinity from Southwestern Baptist Theological Seminary and Master of Divinity in Psychology and Counseling from the New Orleans Baptist Theological Seminary. I have twenty years experience in pastoral counseling. I hold license # 2359 as a Licensed Professional Counselor with the LPC Board of Examiners, 8631 Summa Avenue, Suite A, Baton Rouge, LA 70809. Additionally, I am a Licensed Marriage and Family Therapist, license #38, registered in the state of Louisiana, a National Certified Counselor, and I am certified in Thanatology (Death, Dying, and Bereavement).

2. Clients Served: I provide therapy for individuals, couples, and families. I work with children, adolescents, and adults of all ages and backgrounds with the exception of individual work with children under the age of 5.

3. Specialty Areas: I specialize in the practice of marriage and family therapy and am experienced in working with problems of childhood and parenthood, marital difficulties, and life difficulties of adulthood that may relate to disturbances in family relationships. I have a special interest in the field of grief counseling. Most recently, I completed certification in Thanatology (Death, Dying, and Bereavement). I have worked closely with families whose members present with grief and loss issues.

4. What to Expect from Therapy and What I Expect from Clients: I work from an ecosystemic perspective, which means that I accept a client's immediate family relationships and larger social context as being important resources in solving life's problems. Goals for therapy are always established through collaboration with the client. The overall objective for therapy is always the successful resolution of the problems that are deemed the most important through that collaborative process. Primarily, I work from a structural/strategic orientation, which means that I assist couples and families in organizing their relationships so that resources can be brought to bear on the problems being presented. Techniques that I often employ are instruction and modeling of communication skills, family role-playing and family sculpting, and between-session interactive assignments. This "homework" is a vital part of the therapeutic process. The completion of homework is necessary if the client is to get the most from the therapeutic experience.

Clients must make their own decisions regarding such things as deciding to marry, separate, divorce, reconcile and how to set up custody and visitation. That is, I will help you think through the possibilities and consequences of decisions, but my Code of Ethics does not allow me to advise you to make a specific decision.

Appointments are usually scheduled once a week for approximately one hour, with the first session devoted to gathering necessary information. The entire therapy process may take on the average of eight to ten sessions.

5. Code of Ethics: I am required by law to adhere to the Louisiana Code of Ethics for Licensed Marriage and Family therapists. A copy of this code is available upon request.

6. Privileged Communication: I am required to abide by the professional practice standards for licensed marriage and family therapists and Louisiana Law. I do not disclose client confidences and information to any third party without a client's written consent or waiver except when mandated or permitted by law. Verbal authorization will not be sufficient except in emergency situations. State law mandates that I report to the appropriate authorities suspected cases of child abuse/neglect, elder abuse/neglect, or disabled abuse/neglect and instances of danger to self or others when reasonably necessary to protect the client or other parties from a clear and imminent threat of serious physical harm.

Certain types of litigation (such as child custody suits) may lead to the court-ordered release of information without your consent. Also note that if you use third party insurers, such as health insurance policies, HMO or PPO plans, or EAP programs, you must sign a release of information and some information will be disclosed.

When working with couples, families, or groups, I cannot disclose any information outside of the treatment context without a written authorization from all individuals competent to sign such authorization. For example, I

cannot release *any* information about either or both spouses I have seen for marital therapy to an attorney without signed authorization from both spouses.

When working with a family or couple, information shared by individuals in sessions where other family members are not present must be held in confidence (except for the mandated exceptions already noted) unless all individuals involved sign written waivers at the outset of therapy. Clients may refuse to sign a waiver, but should be advised that maintaining confidentiality for individual sessions during couple or family therapy could impede or even prevent positive outcome to therapy.

7. After Hours and Emergencies: I do not provide 24-hour emergency services. However, if you experience an emotional crisis or feel in need of immediate assistance, please take the following steps: You may call the Crisis Intervention Center at 225.924.3900 or 1.800.437.0303, Cope Line at 800.749.2673 or seek help through the nearest hospital emergency room, or by calling 911.

8. Fee Scale: The standard fee for a 50-60 minute session is \$75.00. However, I will work with clients to determine a fee that is affordable for them when they are unable to pay the standard fee. Clients are charged for each session and are expected to pay at the time of service. Clients will be charged for appointments that are broken or cancelled without a 24-hour notice. Payment is made to LBCH (Louisiana Baptist Children's Home).

9. Potential Benefits and Risks of Therapy:

- Studies suggest that counseling involving only one spouse can lead to the dissolution of the marriage instead of improving it.
- Changes in relationship patterns that may result from family therapy may produce unpredicted and/or possible adverse responses from other people in the client's social system.
- A result of family therapy may be a realization on the part of the client that there are issues that may not have surfaced prior to the onset of the counseling relationship.

I have read and understand the above information.

Client Signature: _____ Date: _____

Client Signature: _____ Date: _____

Client Signature: _____ Date: _____

Therapist Signature: _____ Date: _____

Signature of Parent(s) or Guardian: _____

_____, give permission for Mr. Selby to

conduct counseling with my (relationship) _____.

(Name of minor) _____.