

Welcome to Smeltzer Counseling

Welcome to Smeltzer Counseling, a counseling practice deeply committed to quality mental and emotional health care and to spiritual growth and healing. To help clients with issues that have come up in their lives, I practice counseling that includes four disciplines: Masters training as a Licensed Professional Counselor, Masters training in Biblical revelation, interpersonal relationships because God's kingdom is essentially relational, and most importantly, the presence and work of God through prayer. My belief is that counseling does not ultimately heal the wounds of the heart, but rather, it is a process that unveils and discloses what we have otherwise not been able to see or understand. Once we perceive and understand what our problems are, we are then in a position to allow God's presence and power to begin to heal those problems.

Although I was not licensed by the state of Texas as a professional counselor until July 1985 (license #08535), I have been counseling professionally since 1979. In addition, I was ordained to the pastorate in 1966 and served six churches for 24 years during which time I spent many hours doing pastoral counseling. I graduated from the University of Colorado with a Bachelor of Arts in Psychology, from the Dallas Theological Seminary with a Masters Degree in Theology, majoring in Greek, and from the Trinity Southern University in Plano, Texas with a Master of Arts in Psychology.

For most clients, counseling sessions last approximately 2 hours unless a one-hour session is requested. The fee for a 1-hour session is \$150 and \$300 for 2 hours. Normally, counseling occurs on a bi-weekly basis, but if financial considerations will not permit, sessions may be arranged accordingly - usually every three to four weeks. **ALL APPOINTMENTS NOT CANCELED 24 HOURS IN ADVANCE WILL BE BILLED FOR THE FULL AMOUNT.**

Week long intensives are charged at the same rate of \$150 per hour –\$2,250 for an individual (15 hours) and \$3000 for a couple (20 hours). Counseling couples can require more hours and arrangements can be made between clients and the counselor based upon need. Please note that when scheduling 15-25 hours a week, a deposit is made at the time of reservation. **This deposit is only refundable if the Intensive Counseling appointment is cancelled at least 2 weeks prior to the scheduled beginning date.**

Concerning insurance, Smeltzer Counseling is an “out of network” provider and clients are required to pay in full at the date of service and file with their insurance companies for reimbursement. Many insurance plans that have behavioral healthcare benefits will commit to partial reimbursement but it is necessary to check with one's

insurance for individualized plan benefits. Receipts will be provided for insurance reimbursement upon request.

Confidentiality is crucial to the client-counselor relationship, and counseling must occur in a context where confidentiality is understood. All matters discussed with my clients will be held in strictest confidence. There are five exceptions to this rule:

1. When you direct me to release information to another party such as a medical doctor, attorney, or pastor and/or sign a release form giving me permission to do so.
2. When I determine that you are a danger to yourself or others; that is, if I determine that you intend to commit suicide or homicide.
3. If you are a minor and the information that you disclose is essential for your parent or guardian to know.
4. When I am ordered by any court to disclose information. For example, sometimes a judge will require disclosure of confidential information in a divorce proceeding; at that point, I am required by law to disclose confidential information. I am not required to disclose confidential information at an attorney's request.
5. No email correspondence can be held in confidentiality, since the privacy of any email cannot be guaranteed. So any correspondence with me by email cannot be considered confidential, and the client waves his confidentiality under these circumstances.

It is a privilege and responsibility to be a counselor, helping others to work through the perplexities and painful experiences of life. For me it is not merely a career, but a calling from God, and it is my desire to see every client come to experience the resolution, freedom and peace that the healing work of God's Spirit can bring. Counseling is a process whereby the client comes to see and understand some of the reasons he or she experiences conflict in life and where new choices can be made. As your counselor, I will never order or command you to make a decision, nor will I tell you which decision to make. I will work with you and assist you in making those decisions. Ultimately, as you come to understand why old patterns have not worked, by God's grace, you will be empowered to make new choices which will increase opportunities to live your life differently by the power of God. As we work together, I will be in continual prayer that these things will be accomplished for you by the mercy of God.

Please sign in the space below, acknowledging that you have read and have understood the statements herein and that you give permission to John Smeltzer to counsel you. If the client is a minor, less than eighteen years of age, then parental or adult custodial permission must be granted.

Name _____ Date _____

Date of Birth _____

Address _____ City _____

State _____ Zip _____

Phone: home _____ cell _____

Email address _____

Marital Status S _____ M _____ D _____

Employer _____ Phone number _____

Insurance Company and ID / Group # _____

Names and ages of Children

Signature and date _____