

Luminous

Psychological Evaluations and Therapy

Talor Trenchard, MS, LPA (Psy.D. Candidate)
Disclosure / Policies / Consent

Therapy is a relationship that is beneficial in part due to clearly outlined rights and responsibilities of the client and the therapist. As a client in psychotherapy, you have certain rights, and it is important that you understand these rights and their limits. The purpose of this document is to inform you of your rights, the responsibilities of your therapist, and the risks and benefits of therapy as well as to give you a brief introduction to Talor Trenchard and her approach to therapy. Please read this information carefully and sign to indicate that you have read and understood and to give your consent to treatment. If you have any difficulty understanding the information presented in the document you have the right to receive additional verbal explanations.

Licensure Disclosure Statement & Doctoral-Candidate Status

Talor Trenchard is a licensed psychological associate, licensed in the state of Texas to practice psychology independently. Talor has completed her doctoral level coursework and is scheduled to defend her dissertation in July of 2021 as the culmination of her doctorate of psychology degree.

Therapist Training and Approach to Counseling

Talor Trenchard is a licensed psychological associate with a master's degree in applied psychology. She is currently working toward her doctorate degree in clinical psychology and is expected to graduate in 2021. Ms. Trenchard has been licensed to practice psychology in Texas since 2012. Areas of passion and specialization include: autism, ADHD, children, marriage and family, intellectual giftedness, anxiety, stress reduction, and mindfulness. Ms. Trenchard's theoretical orientation is integrative in that techniques and components from various psychological theories are used to provide clients with an individualized treatment plan. She believes in creating a therapeutic environment that is warm, caring, and nonjudgmental, while attempting to understand each client from a holistic and positive perspective. Her approach to therapy is holistic in the sense that she believes that all psychological difficulties may have physical, spiritual, and psychological roots, and therefore should be assessed and treated accordingly.

Positive psychology is a movement that proposes that all individuals have strengths that can be cultivated to help them live their best lives and be their best selves. Ms. Trenchard's background in psychological/neuropsychological assessment has trained her to evaluate the strengths and weaknesses of an individual and to employ relative strengths of the person as a tool for their personal growth and development. Ms. Trenchard believes that therapy should be experiential; the client should be invited to live out experiences, sensations, and feelings during sessions rather than merely talking about them. She has completed training in mindfulness based stress reduction and personally practices it daily in her own life. Being able to be present and comfortable in your body and in the moment can be an important tool for mental health. Therapy should seek to identify mind-body habits, develop new behaviors, and expand insight. As a believer, prayer, discernment, and scripture are always present in Ms. Trenchard's work, even if not discussed overtly in the session.



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Confidentiality

Mental health information is considered private, protected healthcare information. With a few exceptions (to be outlined below), you have the right to absolute confidentiality in therapy. This means that your therapist will not disclose the fact that you are her client or discuss any details from your sessions without your written permission. One exception to this confidentiality is that your case may be discussed by Ms. Trenchard with her supervisor Dr. Levi Armstrong as Ms. Trenchard completes her post-doctoral internship. As Ms. Trenchard's clinical supervisor, Dr. Armstrong may at any time review the details of her client cases and discuss her therapeutic work in order to provide professional guidance. Dr. Armstrong is bound by the same responsibilities and limits to confidentiality as Ms. Trenchard. Parts of your personal information might be released to insurance companies as required for billing. There are also a few legal limits to confidentiality, although Ms. Trenchard and/or Dr. Armstrong would inform you of any time that they thought these might be put into effect. Legal limits to confidentiality include:

1. If there is good reason to believe that you will harm another person or if you make a threat against a government agency, your therapist has the duty to warn your intended victim and the police.
2. If your therapist receives information that a child, elderly person, or otherwise vulnerable adult is being abused or neglected by you or someone else, the therapist has the duty to report this to the appropriate protective service.
3. If your therapist believes that you have serious intentions of harming yourself he or she may legally break confidentiality. This may involve calling the police or emergency medical professionals. However, your therapist will likely discuss this with you first and attempt to involve you in all efforts to guarantee your safety.
4. If you are involved in a legal matter, there is a chance that your therapist could be court ordered to release records. In this case we would be required to comply with such an order.

Risks/Benefits of Therapy

There are many potential benefits to psychotherapy. These benefits often involve personal growth and change. This may include changes in thinking patterns, feelings, and behavior. While this kind of change is often the goal of therapy, it is not a risk-free, pain-free process. Frequently this personal development is somewhat of a refining process and may involve some intensity. It can be emotionally uncomfortable and even upsetting to confront internal conflict. At times therapy may challenge you to reevaluate your current situation and relationships.

Personality and/or psychological testing

You may be asked to take one or several different types of personality inventories during the course of treatment. These are used under the strictest confidentiality guidelines. These instruments are used as diagnostic tools that can aid in the overall treatment of your situation.

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Fees/Insurance

This counseling is provided at the rate of \$125.00 per session or per your specific insurance contract provisions. Co-pays are billed at the date of the appointment and this fee is required in full prior to the start of your session. Insurance does not cover missed appointments and the full \$125.00 will be assessed for all missed appointments that are not cancelled at least 24 hours in advance.

Sessions

Sessions are 50-60 minutes in length. Please schedule appointments directly with me by telephone at (903) 609-6373; I will normally return your call within the same day.

Multiple Signatures

If multiple client signatures are on this form I do not guarantee confidentiality between those individuals. This primarily occurs when I see one of the people in an individual counseling session and feel it is therapeutically important that the other person(s) know some information, which was revealed during that session.

Divorce and Custody Litigation

If you are involved in a divorce or custody litigation, you need to understand that my role as a therapist is not to make recommendations for the court concerning custody or parenting issues or to testify in court concerning opinions on issues involved in the litigation. By signing this disclosure statement, you agree not to call me as a witness in any such litigation. Experience has shown that testimony by therapists in domestic cases causes damage to the clinical relationship between a therapist and client. Only court appointed experts, investigators, or evaluators can make recommendations to the court on disputed issues concerning parental responsibilities and parenting care. If I am required to attend any legal proceedings (including testimony or depositions or preparation of formal reports/records), the fee charged for these services is billed at \$375.00 per hour including any driving time, wait times, or other time involved in your litigation concerning non-billable time away from our practice.

Complaints

Should you have any complaints regarding therapy or any part of the services you receive from Talor Trenchard, there are several steps you may take to resolve them. A good first step is often to speak with your therapist directly. Ms. Trenchard will make an effort to address any concerns that you have, and in fact working through such situations can be an important part of the therapeutic process. If you are uncomfortable discussing concerns with Ms. Trenchard directly or if she is unable to resolve them, you may contact her supervisor Dr. Levi Armstrong by calling his office at (214) 762-1150. Finally, complaints can also be directed to Ms. Trenchard's licensing board, The Texas State Board of Examiners of Psychologists:

Texas State Board of Examiners of Psychologists
333 Guadalupe Tower 2, Room 450
Austin, Texas 78701
1-800-821-3205
www.tsbep.state.tx.us



