

Grace Counseling Center

1125 Heatherstone Drive
Fredericksburg, VA 22407

INFORMED CONSENT

Grace Counseling Center (GCC) dedicates to providing effective professional counseling services to individuals, couples, and families struggling with a variety of issues. Professional Therapists who provide counseling are licensed by the State of Virginia and have earned a Master's Degree or higher in Counseling, Psychology, or other related areas from an accredited institution.

GCC has a mission to help individuals move into a place of healing, hope, and growth through Biblical-centered counseling. Our goal at GCC is to bring about renewal and enhance your quality of life by attending to the "whole" person: spirit, mind, and body. Very often our most important work is to help our clients understand more fully what they are experiencing. The counseling sessions may last from a few weeks to several months.

During the course of counseling, depending on the nature of your need, you might also experience uncomfortable emotions such as anger, fear, and frustration. While your therapist cannot remove these feelings from you, she will help you work through them, although you are free to discontinue services at any time, most people remain in counseling until they believe they've learned better methods of thinking, feeling, and/or acting regarding their issues.

Occasionally therapists elect to discontinue services when they feel no substantial progress is being made or other factors are interfering with their ability to help you. If counseling ends prematurely, GCC will help you find qualified help elsewhere.

Everything discussed in your sessions will be held in the strictest of confidence. However, there are situations in which your therapist may be required by law to report information to the proper authorities. These situations include threats or indications of bodily harm to self or others, involvement in a felony, suspected child/elder abuse, or neglect. Your therapist may also be required by law to disclose information in response to a subpoena issued by a court of law.

CANCELLATION POLICY

A cancelled appointment delays our work. When you must cancel, please give us at least 48 hours' notice. If you are unable to provide notice by call, email, or text message at least 48 hours prior to your appointment, you will be charged the full fee amount for your session from the credit card on file (insurance companies do not reimburse for missed appointments).

The only time this fee will be waived is in the event of a serious or contagious illness or an emergency.