

Hannah Herkert, MA, LMHC
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GROUP CONSENT AND DISCLOSURE FORM

Hello, and welcome to your group! Group counseling is a safe, facilitated, structured, creative, and fun way for teens to get support. It can be helpful as a stand-alone service for learning coping skills, stress tolerance, self-exploration, and other tools and skills, or in conjunction with ongoing therapy depending on your level of need. If you (or your teen) are currently working with a mental health professional, please consult with them regarding joining a therapeutic art group. This Virtual Art Group is therapeutic in nature, and facilitated by a skilled and experienced licensed mental health counselor, but it is not therapy, and you will not be regarded as a client. If you have questions about your level of need, please feel free to call!

CURRENT GROUP OFFERING

5-WEEK Stress and Coping ART Group:

Saturdays, January 23rd - February 20th

2pm - 4:30pm

Why join a Group?

- **EMPOWERMENT:** Group counseling can motivate teens to come up with solutions for their own issues and to act as role models and cheerleaders to the others in the group.
- **SAFETY**:** Group counseling is a safe place to be open. Although we cannot guarantee total confidentiality due to the group format, holding confidentiality for all members is mandatory. "What's said in group, stays in group."
- **HEALTH:** Groups are designed to help teens improve their communication skills, handle feelings and resolve conflicts appropriately, advocate for themselves, and take responsibility for their actions and feelings. Providing participants with the tools to overcome adversity is a major goal. Counseling groups are a place teens can learn from one another while also receiving mental health education from a licensed counselor. Talking to others can increase self-esteem, decrease anxiety, reduce isolation, and improve a participant's overall sense of well being.

*As a mandated reporter, I am legally required to report suspected child abuse or neglect. If I suspect that a minor is in danger, this will be reported to the appropriate authorities.

*This counseling group is not intended to take the place of professional counseling or therapy. If we encounter issues or problems that need greater clinical attention than the group setting can provide, we will work with you and recommend resources.

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LICENSURE, EDUCATION, EXPERIENCE & APPROACH

I am a Licensed Mental Health Counselor (LH60940655) in the state of Washington. I received my Masters Degree in Counseling Psychology, Marriage and Family Therapy, with an Emphasis in Depth Psychology from Pacifica Graduate Institute in Santa Barbara, CA (2015). Prior to graduate school, I attended the University of Montana and completed a degree in English Creative Writing with emphasis in poetry and short fiction (2012). I have extensive experience running groups for teens and adults, overseeing day camps, and overnight summer camps and art camps. I often work with kids and teens by utilizing art, creative writing, and animal assisted therapy to promote self-exploration, resilience, and healthy coping. I also incorporate evidence-based practices, such as CBT and DBT and general psycho-education.

SCOPE OF PRACTICE & COMPETENCY, SCOPE OF GROUP SERVICE

My scope of practice is defined by what I am allowed to provide to you by training and my professional license, as well as by the type of service I am rendering. In this context, I am offering a facilitated peer group for teenage participants. To stay within my scope of competence, I limit my practice to that which I am familiar and competent in. In a timely manner, I will notify you if I see a need that falls outside of my scope of practice and/or competency. If this is the case, I will provide relevant referrals for the services that you need. If I believe your concerns are above my level of competence or outside my scope of this group's needs, I will help you find the appropriate services.

POTENTIAL RISKS & BENEFITS TO PEER GROUP SUPPORT

Teen Peer Groups can be immensely powerful, enlightening, and meaningful- and sometimes equally as uncomfortable. Participating in vulnerable work with new people, such as creative work and art work, can feel awkward or embarrassing at first. It is the intention of the group for participants to make connections, and learn and practice healthy ways to express themselves. This environment is set up with care by the facilitators. It is your (participant's) responsibility to actively engage in group in order to benefit from group. If at any point, you don't feel you are connecting in group, or you have concern, please let me know.

CONFIDENTIALITY

Under Washington State law and ethical guidelines for my professional license, I am required to follow the professional code of ethics regarding confidentiality. I adhere to this practice while facilitating peer support groups and art groups. I also ask of every group member that they adhere to confidentiality standards of group. Your participation in this group, as well as information shared in the group is confidential. Please note the following

EXCEPTIONS:

- **Mandatory Reporting:** If I have a reasonable suspicion of abuse or neglect of a child or vulnerable adult, or if you report a crime committed against a child or vulnerable adult, I am required by law to inform the appropriate authorities in a timely manner not to exceed 48 hours. In some cases this may mean Child Protective Services/Adult Protective Services, law enforcement, or both.
- **Safety:** If I believe you are in danger of harming yourself, disclosure will be made to the listed emergency contact, as well as any other medical, law enforcement, and/or community resources needed to ensure your safety.

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If I believe you are in danger of harming someone else, the above steps will be taken in addition to notifying the intended victim.

- **Legal Mandates:** Counseling records may be subject to subpoena. In response, I may be required to submit notes or information regarding your case, in which I will do everything within my power to protect you as a client. However, if the Court subpoenas me, time spent in legal proceedings is charged at a rate of \$300 per hour including: case research, report writing, travel, depositions, actual testimony and cross examination, and court waiting time. Signing this disclosure statement gives permission for me to release confidential information in courtroom testimony and written reports to the Court if legally required..
- **Professional Consultations:** In order to provide the best service to my clients, to keep current with legal and ethical practices, and for accountability and coordination of care, I engage in professional case consultation. This means that I may at times discuss your case with a licensed WA State Supervisor and/or other professionals while withholding any identifying information about you. Please speak with me if you have any concerns regarding this practice.

GROUP FEES

A non-refundable fee of \$440 per group member. This cost covers all art supplies, and the entire 5 week program. The fee is non-refundable for two purposes: 1. To save the participants place in a closed group and to avoid losing a space for a committed group member and 2. Due to the time, effort, and material cost that is put into the group for each group member prior to the start of the group.

PARTICIPANT CONSENT TO Group COUNSELING

I have received, reviewed, and considered carefully the Group Consent and Disclosure Statement, as well as the "Purposes, Goals, and Guidelines of Group." I understand the limits of confidentiality. I have had opportunity to ask any questions regarding this material and understand the information provided. I consent to this VIRTUAL ART GROUP series with Hannah Herkert at HANNAH HERKERT COUNSELING SERVICES, PLLC. and co-facilitator Michele Cirella, LSWAIC

This authorization constitutes informed consent without exception and agreement to pay all applicable fees upfront. By signing this document, you are stating that you have also read and have understood this agreement and have received a copy for yourself. My signature indicates accuracy of the information and my declaration to uphold these conditions.

Participant Name (printed) _____ DOB: _____

Participant Signature _____ Date: _____

Group Facilitator Signature _____ Date: _____

Group Co-Facilitator Signature _____ Date: _____

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PURPOSES, GOALS, AND GUIDELINES OF GROUP

Purposes:

1. To have a safe place for us to share our thoughts, feelings, and needs.
2. To give support to each other in dealing with any problems we may have in any parts of our lives.

Goals:

1. To learn how to identify and express thoughts, feelings, and needs in healthy ways.
2. To learn to resolve problems and conflicts without hurting ourselves or others.
3. To learn healthy communication skills, how to be a good listener and a friend to others
4. To learn how to make good choices and informed decisions for ourselves.

Guidelines:

1. **RESPECT:** All participants are to be treated with respect. Remember, if the issue, thought, belief, style, creativity, or feeling of another participant doesn't resonate with you doesn't mean that it is not valid. We respect all perspectives and experiences here. Additionally, no side-talk or cross talk: we show respect by focusing on the speaker.
2. **SINCERITY:** No putdowns to self or others -- even as a joke. We are here to be supportive of each other. Making fun of another's "share" or project is not appropriate..
3. **RIGHT TO PASS:** Everyone has the right to pass: If you pass frequently, it will keep you from being an active part of group. Your reason for passing needs to be clear to you. You may find communicating this reason helps to keep you feeling close and involved with the group. If you decide to pass, we may check in with you later.
4. **TIMELINESS:** Be on time. Being late interrupts the group process and everyone is affected. When you are late or not here, we miss your presence and your voice!
5. **"I" STATEMENTS:** Speak only for yourself: Rather than using "we" or "you," choose statements like, "I feel comfortable," "I think," "I believe," "I need," etc.
6. **NO "SHOULD'S":** toward yourself or others. Should = Shaming.
7. **CONFIDENTIALITY:** What is said in group stays in group: Everything that happens or is said in group is confidential. **Exceptions to confidentiality include: 1) Someone is being physically or sexually abused, 2) Someone is an imminent danger to self or others, and 3) Information must be shared in court.**

ZOOM EXPECTATIONS: In order for the group to feel safe and connected, we are asking that camera's remain on when possible, that you inform the group if another person is in the room you are in, even if briefly, and that information shared online is appropriate. We ask that most communication during group is spoken when possible, and the "chat" option is used when requested by a facilitator.