



COUNSELING CENTER
3000 Landerholm Circle, S.E., B234, Bellevue, WA 98007-6484
(425) 564-2212 (office), (425) 564-6024 (fax)

INFORMED CONSENT FOR COUNSELING SERVICES

Nature of Services: Our mission is to advocate for student, college, and community success by promoting balanced learning in an academic environment which embraces intellectual, physical, spiritual, social, and emotional values. BC Faculty Counselors, some of whom are licensed in the state of Washington, provide short-term individual counseling at no charge for registered BC students. Our professional, confidential counseling is available for you when you need someone who will listen, help, and assist in providing coping skills, developing insights and exploring alternatives consistent with your personal values. This guidance is provided to enhance your success and wellness at BC. Counselors' main goal is to help you find ways to succeed that are congruent with your unique experiences, culture, values, and priorities. Our counseling services are offered in many areas, including personal, academic, and career counseling. The counselor with whom you work with can help you decide which option(s) would best meet your needs. At the first intake meeting, counselors will provide an assessment of your needs and current functioning and/or crisis management. Your counselor will also be able to recommend and refer you to community resources should your concerns require long term or specialized care. Appointments are generally 30-50 minutes in length depending on the presenting issue and type of service required.

Confidentiality: Confidentiality is an important aspect of counseling. All information shared with a counselor is generally confidential. Counselors may, however, consult with other counselors within the Counseling Center to improve services and make appropriate referrals when necessary. Consulting counselors are also required to maintain confidentiality of information shared. Information is kept confidential except when the counselor is compelled to release information as mandated by Washington State Law, including, for example, the following: 1) With a written consent of the student or the student's personal representative; 2) Disclosure of information regarding a danger or threat of harm to yourself or others; 3) When a counselor has reasonable cause to believe that a child, adult dependent or a developmentally disabled person has suffered abuse or neglect; and 4) In response to certain subpoena from a court of law.

Records of Services: Counselors will maintain a record of services provided to you. You may ask to review and/or copy your record. We will not disclose your record to others unless you direct us to do so or unless the law authorizes or compels us to do so.

Your Rights and Responsibilities: As a student seeking counseling services, you have the right to decline or withdraw from counseling services at any time. Services are voluntary with the exception of the case in which the Vice President of Student Services mandates an assessment as part of a student disciplinary action. In terms of ongoing counseling in the BC Counseling Center or in the community, it is your right and responsibility to choose the service that best suits your needs. An appointment time is a commitment between you and the counselor. If you or the counselor must cancel or change an appointment, at least 24 hours advance notice should be provided. Please call the front desk at 425-564-2212.

I have read, understand and agree to the informed consent statement for counseling services. I have had an opportunity to ask any questions I have about this information. I understand that there is a possibility of risks and benefits which may occur in counseling. Counseling may involve the risk of remembering unpleasant events and may arouse strong emotional feelings. Counseling can also impact relationships with others. The benefits from counseling may be an improved ability to relate to others; a clearer understanding of self, values, goals; increased academic productivity; and an ability to deal with stress. Taking personal responsibility for working with these issues may lead to greater growth.

Student Printed Name: _____

Student Signature: _____ Date: _____

I have discussed this information with the student:

Counselor's Signature _____ Date: _____