

Marriage & Family Counseling Services

Barrington H. Brennen, MA, BCCP, NCP, JP
P.O. Box CB-11045 Nassau, Bahamas. * 242-327-1980
Web: www.soencouragement.org * barringtonbrennen@gmail.com, (3/29/23)



Office Copy

INFORMATION AND CONSENT

I am pleased that you selected me as your therapist/counselor. This document is designed to inform you about my background and to ensure that you understand our professional relationship. I am a counseling psychologist, marriage & family therapist, and nationally certified psychologist and board-certified clinical psychotherapist (USA), a certified Prepare Enrich Counselor. I am a professional member of the American Psychological Association, International Association of Marriage and Family Therapists, The Bahamas Psychological Association, the Board of Masters in Psychology, USA. My practice includes adults, couples, families and teenagers.

Although I am a cognitive behavioral therapist, my practice is integrative, which means I adjust my work to the individual's or couple's unique needs, using what I've learned from a variety of psychological approaches. I am also a Justice of the Peace and a Marriage Officer for the Commonwealth of The Bahamas. I hold a master's degree in Community Counseling with emphasis in marriage and family therapy, and a masters' degree in Religion from Andrews University, Berrien Springs, Michigan, USA.

I have been a professional counseling psychologist since 1993 and have helped thousands of couples, families and individuals. I have practiced in Michigan and the Bahamas and have done couple and family consultations in The Bahamas, Belize, St Maarten, Puerto Rico, Jamaica, Florida, Cayman Islands, and England. I believe that as people become more accepting of themselves, they are more capable of finding happiness and contentment in their lives. However, self-awareness and self-acceptance are goals that sometimes take a long time to achieve. Some clients need only a few counseling sessions to achieve these goals, whereas others may require months or even years of counseling. As a client, you are in complete control and may end our counseling relationship at any point. If counseling is successful, you should feel that you are able to face life's challenges for the specific issues in the future without my support or intervention. Although our sessions might be very intimate psychologically, it is important for you to realize that we have a professional relationship rather than a personal one. Our contact will be limited to the paid sessions you have with me. Please do not invite me to social gatherings, offer gifts, or ask me to relate to you in any way other than the professional context of our counseling sessions. You will be best served if our relationship stays strictly professional and if our sessions concentrate exclusively on your concerns. However, it is important for you to remember that you are experiencing me only in my professional role.

KEY POINTS:

SIGN BOTH COPIES OF THIS FORM

- **Private restroom and waiting room. For your safety, the restroom is equipped with soap and sanitizer/alcohol dispensers, automatic hand dryer.**
- **It is the full responsibility of the client to ensure that appointments are made and kept.**
- **In the event that you are unable to keep an appointment, you must notify me at least 24 hours in advance. Clients who do not call or call after 24 hours passes to cancel appointments, will be charged 50% of the session fees payable upon the next visit.**
- **I will take your photo at the end of this first session for the purpose of having efficient case notes and assisting me with recall. The photo will be kept in strictest confidence with your file.**
- **Everything will be kept confidential with the following exceptions: (1) you direct me to tell someone else, (2) I determine you are a danger to yourself or others, or (3) I am ordered by a court to disclose information.**
- **These sessions are face-to-face, however, when Governmental Emergency Orders are in effect, these sessions will continue via a video platform and payment made online.**
- **Urgent phone calls outside of session times are free up to ten minutes; after which there will be the minimum of a \$40 fee payable at your next regular session.**

Clients from an Employee Assistance Program are to ignore the paragraph below. These clients will fill out additional forms.

THERAPY SESSIONS AND PAYMENTS:

The first session, which is the intake and assessment session, is 55 to 75 minutes in length with a fee of \$130/\$140/\$150. All other sessions cost \$90/105 per session. All other sessions are 50 to 75 minutes in duration. The fee for each session must be paid at the beginning of each session. Fees can be paid in cash (checks not accepted), debit or credit cards, or via direct online deposit on the account at CIBC First Caribbean Sandy Port: MFCS a/c 201731228, branch number 07046. or Royal Bank Palmdale account: BRENNEN B, a/c 1743756, branch 05745. A receipt will be emailed to you.

I assure you that my services will be rendered in a professional manner consistent with accepted ethical standards. Please note that it is impossible to guarantee any specific results regarding your counseling goals. However, together we will work to achieve the best possible results for you. If you have any questions, feel free to ask. **Please sign and date both copies of this form.**

Client's Signature

Date

Barrington H. Brennen, *Therapist*

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