

ISU-MERIDIAN COUNSELING CLINIC

Health Science Center · 1311 E. Central Drive · Meridian, Idaho 83642 · 208.373.1719



INFORMED CONSENT FOR GROUP COUNSELING

*** Please read every section and initial each line ***

This interpersonal counseling process group will take place once weekly, recurring on Thursdays from 5:00-6:30pm in room 524, located on the Meridian campus of Idaho State University, Health Science Center. The group will last for eight sessions, beginning on February 17rd and will conclude on April 14th (there will be no group held on March 24th, due to university Spring Break resulting in clinic closure).

This group is themed “Be Kind to your Mind” and is oriented around supporting members in creating a safe space to share and process (1) current concerns that are negatively impacting present functioning, (2) to learn meaningful tools for relating with challenges and (3) to identify support for developmentally-specific transitions.

Disclaimer: It is important to note that this group does not provide psychological treatment for diagnostic concerns. Referrals for individual treatment can be provided by request or upon the recommendation of group facilitators.

The group will be facilitated by three graduate level counseling students enrolled in the Master’s level Counseling Program at Idaho State University. The group facilitators will be supervised by Dr. Renee Howells, LPC (ISU-Meridian Counseling Clinic Director) and Ms. Aishwarya Joshi, LPC (Doctoral Student, ISU Counseling).

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_____ **What to expect from group counseling.**

Group counseling appointments are typically 90 minutes in duration, once per week at a regularly scheduled time. You are expected to arrive on time and to communicate when possible absences, as this can have a unique impact on group development. You are able to leave a message for the group facilitators on the clinic voicemail line (208-373-1719) or via the confidential clinic email (meridianclinic@isu.edu).

You have the right to considerate, safe and respectful care, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, disability, or other aspects of identity. Group counselors are safe persons to talk with about any of these topics. The ISU Meridian Counseling Center is a designated Safe Zone; a program designed to increase awareness, affirmation and acceptance of those who identify as lesbian, gay, bisexual, trans or queer (LGBTQ+).

You are encouraged to ask questions or to seek feedback about any aspect of the group counseling process, including the supervision of group facilitators. If you do not feel comfortable with your group counselors, you may reach out directly to the Clinic Director, Dr. Renee Howells (208-373-1944) and leave a message. Your comments and concerns will be taken seriously and handled with care and respect. You have the right to discontinue group counseling services at any time.

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Risks and Benefits.

There is a possibility of risks and benefits, which may occur in any form of group counseling. Group counseling may involve the risk of remembering unpleasant events and may arouse strong emotional responses. Group counseling can impact relationships with significant others, including those who may also be involved in the group setting. In a group counseling setting, confidentiality cannot be guaranteed although the group facilitators will make constant effort to discuss the importance of protecting confidentiality within the group. Consequences about breaking the group's confidentiality by a group member(s) will be discussed at the outset. The benefits from group counseling may be an improved ability to relate with others; develop a clearer understanding of self, values, goals; increased academic productivity; and an enhanced ability to deal with everyday stress. Speaking honestly about your experience will increase your group counselor's ability to assist you. Taking personal responsibility for working with personal issues within and outside of your group counseling experience may lead to greater growth.

Limitations of Service.

The counselors at the ISU Meridian Counseling Center are not licensed counselors. Both of the group counselors who will be co-facilitating this group are working toward a clinical mental health counseling degree under the supervision of licensed clinical professional counselors in faculty or doctoral student positions. Weekly group counseling sessions will be confidentially recorded for the purposes of monitoring client care and to support the development of the group facilitators. After weekly supervision appointments, the video recordings will be confidentially destroyed. At

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various intervals in the group counseling process, live supervision will be provided in order to support group counseling treatment outcomes and to provide additional support to the group facilitators.

If you have any questions or concerns about any of this information or about your participation in this group, please contact Dr. Renee Howells, ISU-Meridian Clinic Director, at 208-373-1944.

Group Participant's Signature Date

Parent/Caregiver Signature Date

Group Facilitators' Signatures Date

Group Facilitators' Signatures Date

Group Facilitators' Signatures Date