

Informed Consent for Treatment

Felicia Caulk, MSW, LCSW
Chantilly, Virginia 20152

Therapist Information

Felicia Caulk, MSW, LCSW is a Licensed Clinical Social Worker (LCSW) in the Commonwealth of Virginia, providing individual therapy for teens (ages 14+) and adults. Services are offered virtually across Virginia via secure, HIPAA-compliant video and, when available, in-person at a Loudoun County office.

Nature of Therapy

Therapy is a collaborative process between you and your therapist. The goal is to help you better understand your thoughts, feelings, and behaviors, and to develop skills and strategies for managing the challenges that brought you to therapy.

I primarily use Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), both evidence-based approaches. Treatment will be tailored to your individual needs and goals.

Therapy can have significant benefits, including improved relationships, reduced symptoms of anxiety and depression, and greater self-understanding. However, therapy also involves discussing difficult emotions and experiences, which may temporarily cause uncomfortable feelings. There is no guarantee of specific outcomes.

Confidentiality

What you share in therapy is confidential and protected by federal (HIPAA) and Virginia state law. I will not disclose your information without your written authorization except in the following circumstances required or permitted by law:

- You express a serious and imminent intent to harm yourself or another identifiable person
- There is reasonable suspicion of abuse or neglect of a child, elder, or incapacitated adult
- A court issues a valid order requiring disclosure
- You provide written authorization for a specific disclosure
- Disclosure is necessary to collect overdue fees (limited to minimum necessary information)

Confidentiality for Teen Clients

For clients under 18, a parent or legal guardian must consent to treatment. I work to balance parental involvement with the therapeutic privacy teens need in order for therapy to be effective. I will not share the specific content of therapy sessions with parents unless there is a safety concern. General progress updates may be shared with parental agreement.

Fees and Payment

Session fees are discussed prior to the start of treatment and documented in your Good Faith Estimate. Payment is due at the time of service. I am a private-pay practice and can provide superbills for out-of-network insurance reimbursement.

Cancellation and Late Arrival Policy

Your session time is reserved specifically for you. Please provide as much advance notice as possible if you need to cancel or reschedule.

- Same-day cancellations are subject to the full session fee.
- If you arrive more than 15 minutes late, the session will need to be rescheduled. The session fee may apply.
- No-shows (without any notice) are subject to the full session fee.

Emergency Procedures

If you are experiencing a mental health emergency, please call 911, go to your nearest emergency room, or contact the Suicide & Crisis Lifeline by calling or texting 988 (available 24/7). Loudoun County Mental Health Emergency: 703-777-0320.

I am not an emergency or crisis service. I check messages during business hours and will respond within one business day.

Your Rights

As a client, you have the right to:

- Be treated with respect and dignity
- Receive information about your treatment, including methods, duration, and fees
- Refuse any recommended treatment
- Access your clinical records as provided by law
- End therapy at any time without penalty
- File a complaint with the Virginia Board of Social Work or the U.S. Department of Health and Human Services without fear of retaliation

Consent

By signing below, I acknowledge that I have read and understand this informed consent document. I have had the opportunity to ask questions. I voluntarily consent to participate in therapy with Felicia Caulk, LCSW.

Client Name (print):

Client Signature (or Parent/Guardian if under 18)

Date