

Emily Isaacs, MA, M. Ed. LPC

Licensed Professional Counselor, CO, #0015973

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I have sixteen years of experience working therapeutically with people, including serving as guide and a trainer working with teens and young adults (18 to 28) in wilderness in-patient programs, working in hospital and crisis clinic settings, with female veterans, in private practice, and teaching Wilderness Therapy Masters students at Naropa University. My education includes a Masters degree from Naropa University in Transpersonal Psychology, an approach that honors the importance of body / mind / heart / and spirit in the therapeutic process. As a therapist, I provide clients with a space to mindfully explore their inner world, approach difficult or painful experiences with compassion, and practice enacting new ways of being. Ultimately, I believe that therapy is an enlivening process, where we gain greater awareness, and thus, greater ability to choose how we relate to ourselves and the world.

I have additional training in:

- Mindfulness and Meditation
- Eye Movement Desensitization and Reprocessing (EMDR)
- Psycho-biological Approach to Couples Therapy (PACT)
- Dialectical Behavioral Therapy (DBT)
- Gestalt Therapy
- Motivational Interviewing
- Diversity, Equity and Inclusion via the Avarna Group and OUT Boulder
- Non-Violent Communication

Education:

Wesleyan University, BA, 2002

University of California, Santa Cruz: MA Education, 2008

Naropa University: MA Transpersonal Counseling Psychology, 2014

1. The practice of licensed or registered persons in the field of psychotherapy is regulated by the Mental Health Licensing Section of the Division of Professions and Occupations. The Board of Registered Psychotherapist Examiners can be reached at 1560 Broadway, Suite 1350,

Denver, Colorado 80202, (303) 894-7800. As to the regulatory requirements applicable to mental health professionals:

- Registered psychotherapist is a psychotherapist listed in the State's database and is authorized by law to practice psychotherapy in Colorado but is not licensed by the state and is not required to satisfy any standardized educational or testing requirements to obtain a registration from the state.
- Certified Addiction Counselor I (CAC I) must be a high school graduate, complete required training hours and 1,000 hours of supervised experience.
- Certified Addiction Counselor II (CAC II) must complete additional required training hours and 2,000 hours of supervised experience.
- Certified Addictions Counselor III (CAC III) must have a bachelor's degree in behavioral health, and complete additional required training hours and 2,000 hours of supervised experience.

-Licensed Addiction Counselor must have a clinical master's degree and meet the CAC III requirements.

-Licensed Social Worker must hold a master's degree in social work.

-A Psychologist Candidate, a Marriage and Family Therapist Candidate, and a Licensed Professional Counselor Candidate must hold the necessary licensing degree and be in the process of completing the required supervision for licensure.

-Licensed Clinical Social Worker, a Licensed Marriage and Family Therapist, and a Licensed Professional Counselor must hold a master's degree in their profession and have two years of post-masters supervision.

-A Licensed Psychologist must hold a doctorate degree in psychology and have one year of post-doctoral supervision.

2. Generally speaking, the information provided by and to the client(s) during therapy sessions is legally confidential and cannot be released without the client's consent. There are exceptions to this confidentiality, some of which are listed in section 12-43-218 of the Colorado Revised Statutes, as well as other exceptions in Colorado and Federal law. For example, mental health professionals are required to report suspected child abuse to authorities. If a legal exception arises during therapy, if feasible, you will be informed accordingly. The Mental Health Practice Act (CRS 12-43-101, et seq.) is available at:

www.dora.colorado.gov/professions/registeredpsychotherapists.

I will not share anything we discuss with anyone else unless I get your written permission, **except in the following situations:**

--If you talk about *killing or seriously injuring myself or someone else*, the therapist is required to the best of her ability to ensure safety. This generally means alerting other people (ie, police,

local mental health center) to the danger and asking for their help in protecting me and/or the other person

--If you are *under 18 years old and I talk about experiencing physical or sexual abuse*, the therapist is required by law to discuss this with Social Services. Social Services may contact me to determine whether or not they need to take action.

-Suspected *child abuse/neglect or dependent adult abuse/neglect*

-*Collection proceedings*: A client's failure to respond to the therapist's collection efforts and to pay the outstanding bill within 60 days will constitute permission to release this client's identity to a collection agency.

3. In a professional relationship, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies the licensee, registrant or certificate holder.

4. I receive supervision from a licensed professional counselor, Kate Mazuy, (2727 Pine, Boulder CO 80302, 720.201.3868) as well as in a formal peer supervision group. I may discuss what we talk about in your sessions. This is for the purpose of my ongoing professional training and providing you the best service possible.

5. You are entitled to receive information from me about the methods of therapy, the techniques used, the duration of your therapy (if known), and the fee structure. You can seek a second opinion from another therapist or terminate therapy at any time.

6. I adhere to the Code of Ethics of the American Counseling Association and the disclosure statement is required by the Mental Health Professions Licensing Act.

Payment Policy:

Psychotherapy: \$135 for 55 minute individual sessions, \$205 for 85 minute couples sessions

I accept cash, checks, HSA accounts, and credit cards as payment for psychotherapy services. *Payment is due in full either at the beginning or end of each session.*

The time of your scheduled appointment is reserved for you. If you need to cancel your appointment with me, *please do so at least 24 hours in advance. If your appointment with me falls on a Monday, please do your best to notify me the business day prior (Friday). If you cannot, simply state in your voicemail the weekend day and time you are calling. If you fail to notify me within 24 hours, or if you miss an appointment, you will be charged the session fee.*

Messages and Telephone Calls:

My office hours vary Monday through Friday, however, every effort will be made to return calls and emails within 24-48 hours, Monday through Friday. You may leave messages for me on my

voicemail at 720 738 3530. There is no charge for brief phone calls. Calls lasting longer than 15 minutes will be charged on a pro-rated basis of my session fee.

Emergencies:

Although I am committed to checking messages and returning calls, **I do not provide 24-hour coverage**. If you feel you are having a mental health emergency and you are unable to contact me, call Emergency Psychiatric Services 24 hour hotline at (303)-447-1665 if you live in Boulder or Longmont. Resources for Wyoming can be found here:

<https://www.youarenotalonenetwork.org/resources/state-resources/wyoming-resources>. If you live in the greater Denver area, or if you feel you are having a true life or death emergency, dial 911 for help or check yourself into the nearest hospital emergency room.

Generally speaking, I provide non-emergency psychotherapeutic services by scheduled appointment. Clients seen in outpatient psychotherapy are assumed to be responsible for their day-to-day functioning. If I believe your psychotherapeutic needs are above my level of competence or outside my scope of practice, I am legally required to refer you, terminate therapy, or seek outside consultation.

The Counseling Process:

Counseling has both benefits and risks. Benefits for people who undertake counseling often include a reduction of feelings of distress, more satisfying relationships, and resolution of specific problems. Growth nearly always brings change, and sometimes change, even positive change, causes stress. Potential risks of counseling involve recalling unpleasant aspects of your personal history that may bring up distressing thoughts and feelings. Due to the complexity of human behavior, there are no guarantees that you will feel better or that your problem(s) will be resolved upon leaving my office. During the therapeutic process, many clients find that they feel worse before they feel better. This is generally a normal course of events and not grounds for alarm. Personal growth may be easy at times and at other times slow and frustrating. Progress and success may vary upon the particular problems and issues being addressed, as well as many other factors. If you have any concerns about your progress or the results of your counseling experience, please talk to me at any time during our work together.

It is always your right to terminate therapy at any time. However, I strongly encourage you to discuss this decision with me. It has been my experience that, particularly in a therapeutic relationship of any length, that termination is a very important process. I will always give you my professional opinion as far as the timing of termination and will be open to discussing this with you.

Thank you for reading this form in its entirety. If you have any questions or would like additional information, please feel free to ask.