

Gifted Challenges Educational Consultation Services

Gail Post, Ph.D.

Consent Form and Disclaimer

Thank you for your interest in Gifted Challenges Educational Consultation Services. This document constitutes a contract between us. Please read it carefully and contact me with any questions or concerns before you sign it.

Consultation vs. Psychotherapy

In addition to being a consultant providing information related to gifted services, I am also licensed as a Psychologist in Pennsylvania, with training and experience in diagnosing and treating emotional problems. While there are some similarities between consulting and psychotherapy, they are very different activities and it is important that you understand the differences between them.

The goals of psychotherapy include alleviating symptoms, understanding the underlying dynamics that create these symptoms, changing dysfunctional behaviors, and developing new strategies for successfully coping with psychological problems. The therapist uses diagnostic techniques, theoretical foundations, and research-based strategies to understand the client and develop treatment goals. Clients are often emotionally vulnerable when they seek psychotherapy, so the therapist assumes a "leadership" role to some extent, as the client is seeking the therapist's help and guidance. Psychotherapy is considered a health care service and is usually reimbursable through health insurance policies, which is not true for consultation.

The focus of consulting services is to provide education and information related to a specific area of concern, such as child development, family dynamics, gifted education and the emotional needs of gifted children. Similar to life coaching, an educational approach utilizes strategic planning, values clarification, brainstorming, and goal-setting to reach identified goals. The relationship between the consultant and client is more direct, relaxed and challenging, and specifically designed to avoid the power differentials that occur in the psychotherapy relationship. Since the roles of consultant and psychotherapist are quite different, if either of us recognizes that you have a problem that would benefit from psychotherapeutic intervention, I will refer you to the appropriate resources.

Confidentiality

As a licensed psychologist, I am ethically and legally bound to protect the confidentiality of our communications. I will only release information to others about our work with your written permission or in response to a court order. There are some situations in which I am legally obligated to breach confidentiality in order to protect you or others from harm. If I have information that indicates that a child or elderly or disabled person is being abused, or when there is a situation involving an impaired operator of a motor vehicle, I must report that to the appropriate state agency. If a client is an imminent risk to him/herself or makes threats of imminent violence against another, I am required to take protective actions. These situations are quite rare in educational consulting. If such a situation occurs, I will make every effort to discuss it with you before taking any action.

Fees

The services to be provided by Gail Post, Ph.D. are educational consulting services as designed jointly with the client. The fee for the initial consultation is \$130.00 and once a plan is agreed upon, additional

meetings will be charged at the rate of \$100.00 per hour. Fees for in-person consultations may be paid at the time of the meeting. Fees for phone consultations must be paid in advance by credit card no later than one day prior to your meeting, unless an alternative arrangement is agreed to in writing. Payment can be made by accessing the Client Forms: Make a Payment section at www.GailPost.com. Services not paid for in advance will not be provided. **You are required to give 24 hours notice if you need to cancel or change the time of an appointment.** Otherwise, you will be charged for the session in full.

Disclaimer

During a consultation session, issues regarding business matters, legal matters, educational matters, family matters, health matters, financial matters and other matters may be part of the discussions, but please understand that I, Gail Post, Ph.D., am in no way working in the capacity of anything other than an educational consultant. So while you may trust guidance with regard to these subject matters, should you need expertise, or feel that any decisions need critical attention, please seek the guidance/counsel from an expert in those specific fields.

This form is a disclaimer in that I, Gail Post, Ph.D., am acting only as an Educational Consultant and upon signing it, you are agreeing to hold me harmless as to having represented myself in any of the capacities or positions listed above as well as acknowledging that I have made it clear that I am *not treating you in my capacity as a Psychologist*, or treating you in any of the advisory positions listed above.

YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THIS NOTICE AND AGREE TO ITS TERMS

Client Name: _____
Print

Client Name: _____
Signature

Date: _____

Educational Consultant: _____

Date: _____