

## **Gifted Challenges Educational Consultation Services**

### **Gail Post, Ph.D.**

### **Consent Form and Disclaimer for minors**

Thank you for your interest in Gifted Challenges Educational Consultation Services. This document constitutes a contract between us. Please read it carefully and discuss 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. 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 consultation services for adolescents is to provide education and information related to a specific area of concern, such as adjustment to being gifted, navigating the social and school culture, self-advocacy for improved education at school, college planning, and identifying short-term and long-range goals. 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 any of us recognizes that your child has a problem that would benefit from psychotherapeutic intervention, I will refer you to the appropriate resources.

#### **Confidentiality**

For educational consultation to be effective, your child needs to feel that his/her privacy and confidentiality is protected, and that most information conveyed during the consultation will not be reported to you without his/her permission. Only imminently life-threatening situations or general information pertaining to the consultation (such as length of sessions) will be discussed with you without your child’s consent. However, your input is an important part of your child’s progress, and you are always welcome to contact me with or without your child present. Your child would always be informed that such meetings have occurred, but any information that we discuss would remain private and would not be shared with your child.

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 the sessions if I have your child’s and your written permission. There are some situations in which I am legally obligated to breach confidentiality in order to protect your child or others from harm. If your child is an imminent risk to

him/herself, makes threats of imminent violence against another, or is abusive to a much younger child, 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 or Pay Pal 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](http://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 educational matters, family matters, financial matters (e.g., related to the cost of colleges), health 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 your child in my capacity as a Psychologist, or treating your child in any of the advisory positions listed above.***

YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THIS NOTICE AND AGREE TO ITS TERMS, AND GIVE CONSENT TO GAIL POST, PH.D. TO PROVIDE EDUCATIONAL CONSULTATION TO YOUR CHILD

Client Name: (print) \_\_\_\_\_

Parent/Guardian Name: (print) \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Educational Consultant: \_\_\_\_\_

Date: \_\_\_\_\_