



VETERINARY MEDICINE

Counseling Services

162 McElroy Hall, Stillwater, OK 74078 | (405) 744-6145

Informed Consent

Eligibility

Oklahoma State University, College of Veterinary Medicine (CVM) students, graduate students and house officers.

Services

Counseling will be provided by a mental health provider, LPC, LMFT or LCSW who holds a current license to provide counseling services in the state of Oklahoma. Services may also be provided by a Counseling intern who is working toward state licensure and is supervised by the respective program faculty and the CVM Counselor.

The Counseling relationship is individualized for each student seeking services. Counselors will initiate a therapeutic relationship through demonstrating respect, active listening, appropriate therapeutic interventions and psycho-education supported by credible research.

Counseling appointments end at 50 minutes or earlier at the client's discretion.

We do not discriminate, including but not limited to, race, age, ethnicity, socioeconomic status, disability, gender, health status, religion, national origin, sexual orientation, gender identity, or relationship status.

Confidentiality

Counselors are held to ethical guidelines, outlined by the American Counseling Association (ACA), to protect the privacy of each client and will not share identifiable information with any staff, faculty or student. Every effort will be made to keep appointments, attendance, and the content of each counseling session confidential. To facilitate privacy, the Counseling office is located on the opposite end of McElroy Hall from Student Service offices and the main entrance. But because the Counseling office is located in the CVM building there is risk of being seen walking in or out of the office by personnel located in the same hallway or students attending a session prior or following your session. If you cross paths with your counselor outside of a counseling session, i.e. a wellness event or grocery store, the counselor will not acknowledge knowing you unless you intentionally make contact first.

Exceptions to confidentiality

As a mandatory reporter, Counselors must seek intervention and act with due diligence when informed of current or potential harm to self or others. In accordance with ethical guidelines and state laws we can not keep the following disclosures private or confidential:

- If you disclose that you have a plan and intent to harm yourself or someone else.
- If you disclose any physical or sexual abuse or neglect of a minor or vulnerable adult.
- If you disclose any mistreatment or danger to animal wellbeing within the CVM.
- If we receive a court order requesting your counseling records.

Records

Counseling appointments and notes are stored in a HIPAA compliant database that is not associated with records kept for academic purposes by the College of Veterinary Medicine. Counseling records will be stored for seven years following the termination date of your case; this is done in accordance with applicable ethical guidelines and state statutes. Non-identifying information from clients' records may be used for research and program evaluation purposes.

Risks and Benefits of Services

The process of therapy may lead the client through difficult emotions or memories and may impact the client's relationships with significant others. The benefits of therapeutic services may include improved coping skills and stress management, decrease in problematic symptomology, and better interpersonal relationships. The responsibility for this growth lies upon the client's willingness and commitment to engage in the process of therapy. The Counseling office is a Safe Space.

Technology Use Warning

We discourage communication via email as it is not a HIPAA secure form of communication. If you choose to communicate via email, you do so at your own risk. We will respond to emails we deem appropriate (e.g., canceling appointments, questions about teletherapy software, appointment details), but we will not provide therapy via email.

- Emails will be read as Counselors are available during regular business hours.
- Electronic communication is not a substitute for therapy. If your message contains information more appropriate to an in-person discussion, you will be referred to schedule an appointment.

Cancellation Policy

We request that clients provide 24-hour notice of canceling or rescheduling an appointment. It is understandable that 24-hour notice is not always possible, but we request advance notice to allow other students an opportunity to schedule. There is no penalty or consequence for cancelling appointments.

Termination

- Students can begin and end counseling at their discretion.
- There is no minimum or maximum number of appointments.
- Students can end services and resume at a later time as needed.
- Counseling is available to current students for the duration of their academic program including summers.
- Counselors can provide community resources for graduates who wish to continue their therapeutic journey.

Teletherapy Services

Clients have the option to participate in online teletherapy services via a HIPAA approved platform. Clients utilizing teletherapy must be aware of and adhere to the following guidelines:

Technological Competence: CVM Student Counseling Services will work with each client to ensure their ability to utilize the teletherapy services; at the same time, it is the duty of the client to inform the therapist of any difficulties they encounter or foresee encountering that may inhibit the therapeutic process.

Emergency Services

- CVM Counseling can't guarantee availability for immediate intervention, or availability nights, weekends and holidays.
- During regular business hours (M-F, 8am-5pm), you can contact the CVM Dean's Office at 405-744-6595, or you can visit University Counseling Services in 320 Student Union or contact them at 405-744-5458.
- After hours, a counselor can be reached by contacting OSU Police Department at 405-744-6523.
- After hours, you can contact a counselor with Student Assistance by Mercy (CallSAM) at 1-855-225-2726.
- At any time, you can call 911, go to your local emergency room, or call the Suicide Hotline at 988.

I acknowledge understanding and acceptance of these practices and policies.

Client Printed Name

Client Signature

Date

Therapist Signature

Date