

## **Informed Consent**

**Caroline B. Gearing, MA, LMFT** is a licensed marriage and family therapist in Oregon and Washington. Her offices in Portland and Vancouver, WA are:

3824 SW Troy Street  
Portland, OR 97280  
503.244.4008

*(Close to 40<sup>th</sup> and Multnomah Blvd by the Multnomah Post Office)*

400 E Evergreen Blvd.  
Suite 322D  
Vancouver, WA 98660  
360.690.8400

*(The North wing on back of main building on Evergreen Blvd and C Street)*

Caroline's approach to counseling/therapy is educational and directive. She takes the time to listen and respond to the needs of her clients. Family of origin information and patterns, communication skills, long-term defeating patterns, chronic low self-esteem, anxiety and depression woven deeply into the fabric of a person's life, relationships skills, gender differences, skills, talents, abilities, goals and objectives, are all part of the process of counseling and therapy. Client and counselor work together to effectively learn and move through a challenging storm situation to clearer skies. Remember the eye of the storm, and the sun above the clouds.

As a marriage and family therapist Caroline works with all mental health concerns, not just marriage and family therapy, as many people think. Her work impacts client relationships with people at home, work, and the community. She is a trained sex and EMDR therapist.

Client and counselor agree on the goals and objectives of counseling and therapy to determine the best course of action.

Counseling/therapy sessions are from 50-55 minutes in length. Caroline receives insurance payments from most of the insurance plans available today.

Clients are encouraged to make an active commitment for their personal work in counseling and therapy. Active participation is needed to create needed and desired change.

Clients will be charged for all sessions cancelled within 24 hours.

Please sign and date this form, and then **fax to Caroline Britton Gearing, MA, LMFT at 503.622.8586**. Thanks! Any questions—**503.244.4008/360.690.8400**.

Client: \_\_\_\_\_

Client: \_\_\_\_\_

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

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