

Principle Skills Relationship Center

7710 N. Union, Blvd.; Colorado Springs, CO 80920;
719-494-7412; amanda@principleskills.com
principleskills.com

Mandatory Disclosure Statement

The therapy I receive will be conducted by Amanda Liñan, LCSW, CST with Principle Skills Relationship Center, LLC.

Business Address: 7710 N. Union Blvd, Suite 202
Colorado Springs, CO 80918
719-494-7412

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amanda@principleskills.com

Amanda Liñan has the following degrees, credentials, trainings, and certifications:

- LCSW Licensure after passing the Clinical Social Work Exam and completing the required number of supervision and clock hours mandated by the state of Colorado
- Certified Sex Therapist (CST) through the American Association of Sexuality Educators, Counselors, and Therapists (AASECT)
- Masters of Social Work from the University of Denver
- Bachelors of Psychology from the University of Colorado Boulder
- Bachelors of Sociology from the University of Colorado Boulder
- Sex therapy training from The Buehler Institute
- Level 1, 2, and 3 training in Gottman Method and in the process of obtaining Gottman Method Certification through The Gottman Institute
- Trainings in treating addictions in couples, anxiety management, telehealth, sex addiction, and betrayal trauma.
- Training in Discernment Counseling

My services and fees are as follows unless otherwise noted to you in writing:

- Individual therapy intake - \$240.00 for 80 minute session - assessment of personal history, including family of origin, challenging life experiences, current and historical well-being, goals, and strengths.
- Individual therapy session - \$160.00 for 50 minute session - time spent working on goals outlined in treatment plan and/or current life challenges or topics brought in by client.
- Couple therapy intake (+data analysis and summary) - \$400.00 for 80 minute session - Gottman Method assessment that can include Oral History of relationship, conflict discussion, goals, and strengths. Includes time spent on my part for data analysis and treatment plan creation.
- Couple therapy session - \$240.00 for 80 minute session - time spent working on goals outlined in treatment plan and/or current life challenges or topics brought in by clients.
- Discernment counseling intake - \$320.00 for 120 minute session - For “couples on the brink”. Includes basic assessment of the history, commitment, and challenges in the relationship as well as separate processing for clarity and confidence in determining the

future of the relationship.

- Discernment counseling session - \$240.00 for 80 minute session - For “couples on the brink”. Time spent processing and challenging positions in the relationship for clarity and confidence in determining the future of the relationship.
- Intensive therapy session - \$120.00 per hour, eligibility and session length determined following the assessment - Intensives can range from 3 hours to 8 hours per day for 2 to 3 days. This is ideal for making quick, in-depth progress through challenging, gridlocked issues.
- Gottman Relationship Checkup - \$39 paid directly to the Gottman Institute - this is highly recommended as it gives additional information on the relationship through the context of the research by the Gottman Institute

Additional items or services may be recommended and must be scheduled separately and are not included in the above estimates.

I will work with you to get an estimate of fees on a monthly and yearly basis based on your specific therapy needs, requests, and recommendations. Your portion of payment is to be paid in full at the beginning of each session; fees are subject to change. I have been informed of the fee and payment arrangements. I agree to assume responsibility for that portion of the payment for which I am legally liable. I understand that fees are charged automatically unless otherwise requested. If a third party is paying for some or all sessions, I will be required to sign a release of information form allowing the therapist and office manager to speak with the third party payee.

I am responsible for the full fee if my appointment is not canceled at least 48 hours in advance on business days (Monday through Friday 9 am to 5 pm). If I arrive late or do not show, I am responsible to pay for the full session. If I am not consistent in my appointments, including but not limited to three canceled appointments in 2 months, my therapist may talk to me about removing me from the schedule or finding another solution to scheduling due to inability to make progress.

I understand that I can seek a second opinion from another therapist and/or terminate my treatment at any time.

Consultation and disclosures during the sessions between therapist and client are held in strict confidence, with the protection of the law, but also subject to it Clients have a right to ask about the protection of case records. Exceptions to confidentiality include when a client presents a physical danger to self or another or when child/elder abuse or neglect (including physical punishment, verbal abuse, sexual abuse, child pornography, denial of basic needs, etc.) is suspected. Mental health professionals are required by law to inform potential victims and legal authorities so that protective measures can be taken.

CRS 12-43-214(1)(d) Privileged Communications – The information provided by a client during therapy sessions is legally confidential, except as provided in section 12-43-218, and except

for certain legal exceptions which will be identified by the therapist, should any such situation arise during therapy. Examples would be the mandatory reporting of child abuse, or where there may be harm to the client or others. You should be aware that in the case of a board complaint, it is likely that your file will be subpoenaed and reviewed by the board and its attorneys.

Therapists are ethically required to consult with other mental health providers, when necessary, to ensure competence in treatment. I further understand that any requests for obtaining medical or mental health information from others or releasing such information to others will be done only with my written consent. I have the ability to withdraw this consent at any time recognizing that I cannot undo any action taken prior to withdrawal.

I understand that therapy will utilize verbal psychotherapeutic techniques, body awareness and regulation techniques, bilateral stimulation techniques (eye movement, hand held devices, tapping) to help me in growing as an individual, a partner within a relationship and/or as a member of a family or social group. I understand I am able to request information about the methods of therapy and techniques used, including duration of the therapy and fee structure.

CRS 12-43-214(1)(d) provides the following: A client is entitled to receive information about the methods of therapy, the techniques used, the duration of therapy (if known), and the fee structure. A client may seek a second opinion from another therapist or may terminate therapy at any time. In a professional relationship, sexual intimacy is always inappropriate and should be reported to the grievance board.

I understand that in this office, no nudity, no physical examination, nor any overt sexual behavior will be involved in the assessment and treatment of my sexual concerns. Sexual intimacy is never permitted between therapist and client in any respect. Further, I understand I will not be expected to engage in sexual activities that are against my moral or religious convictions, and I maintain the right to ask about the therapeutic purpose of any homework assignment given.

Amanda Liñan is not a physician and cannot, therefore, prescribe medication.

While I have taken training in the Gottman Method Couples Therapy, I want you to know that I am completely independent in providing you with clinical services, and I alone am fully responsible for those services. The Gottman Institute or its agents have no responsibility for the services you receive.

I understand that upon my request of assistance with a sexual concern, professionally recognized procedures for the treatment of sexual dysfunction will be utilized. When clinically appropriate and with my consent, this treatment may involve the use of educational audiovisual materials, recommendations for reading, behavioral homework tasks and other awareness and/or relaxation assignments.

I understand that a therapist is a “consultant” and a resource professional only and that interventions and recommendations offered may be freely accepted or rejected. Therefore, decisions made during and after counseling are the responsibility of the client, couple and/or the family.

CRS 12-43-2 14 (1)(c) provides that the practice of both licensed and unlicensed persons in the field of psychotherapy is regulated by the Department of Regulatory Agencies (DORA). Questions or complaints may be addressed to: State of Colorado Department of Regulatory Agencies; State Grievance Board; 1560 Broadway, Suite 1340; Denver, CO 80202
303-894-1766 | 303-894-7800.

Regulatory requirements applicable to mental health professionals are as follow:

1. A registered Psychotherapist is a psychotherapist listed in the State’s data base and is authorized by law to practice psychotherapy in CO, but is NOT LICENSED by the State and is NOT required to satisfy any standardized educational or testing requirements to obtain a registration by the State.
2. A Psychologist Candidate, A Marriage and Family Therapist Candidate, and a Licensed Professional Counselor must hold the necessary licensing degree (master’s) and be in the process of completing the required supervision for licensure.
3. A licensed Marriage and Family Therapist must hold a master’s or doctoral degree in marriage and family counseling, have at least 2 years post-master’s or one year post doctoral practice, and pass an exam in marriage and family therapy.
4. A licensed Professional Counselor must hold a master’s or doctoral degree in professional counseling, have at least 2 years post-master’s or one year post-doctoral practice and pass an exam in professional counseling.
5. A Licensed Social Worker must hold a master’s or doctoral degree from a graduate school of social work, and pass an examination in social work.
6. A Licensed Clinical Social Worker must hold a master’s degree or a doctoral degree from a graduate school of social work, practice as a social worker for at least 2 years and pass an examination of social work.
7. A Licensed Psychologist must hold a doctorate degree in psychology, have one year of post doctoral supervision and pass an examination in psychology.
8. A Certified Addiction Counselor I (CAC I) must be a high school graduate or equivalent, complete required training hours and 1,000 hours of supervised experience.
9. A Certified Addiction Counselor II (CAC II) must be a high school graduate or equivalent,

complete required training hours, 2,000 hours of supervised experience and pass a national exam.

10. A Certified Addiction Counselor III (CAC III) must have a bachelor's degree in behavioral health, complete CAC II requirements and complete additional required training hours, 2,000 additional hours of supervised experience and pass a national exam.

11. A Licensed Addiction Counselor (LAC) must have a clinical master's degree, meet the CAC III requirements, and pass a national exam.

I affirm that I have read all the conditions above and that they have been fully explained to my satisfaction. I understand these conditions and my rights and agree to them freely and without reservation.

Print Client Name: _____

Client Signature: _____ Date: _____

Print Client Name: _____

Client Signature: _____ Date: _____

Therapist Signature: _____ Date: _____