

General Information

Thank you for choosing Anchored Pastoral Counseling to provide counseling resources. It is my desire to provide the best care possible. To orient you to my procedures and policies the following information is provided.

1. **Training and Degrees:** Jeremiah Wilson employs a pastoral/Biblical approach to counseling. He earned a Master of Divinity from Beeson Divinity School at Samford University in Birmingham, AL. He is currently a Doctorate of Ministry (D. Min.) in Pastoral Therapy at Memphis Theological Seminary in Memphis, TN. Jeremiah has been serving in vocational ministry since 2014 serving as youth pastor, senior pastor, and a military chaplain. Jeremiah has been married since 2014 and has one daughter and one son.

2. **Confidentiality:** All information disclosed within a counseling session is confidential and may not be revealed without your written permission. If you choose to have Anchored Pastoral Counseling keep any other individual apprised of your progress in counseling, it will be necessary to complete a "Release of Information" form that will be kept on file. If you consent to the release of information to an attorney or law firm, Anchored will only produce your written records to that person or entity. Anchored's counselors will resist any subpoena compelling them to testify under oath in any legal proceedings about you or your counseling. If subpoenaed to testify in any legal proceedings, Anchored and its counselors reserve the right to object to the subpoena and to assert any applicable legal privileges. Without a properly executed release, everything about your visit will be held in strictest confidence with the exception of the following circumstances:
 - a. When a client intends to take harmful, dangerous, or criminal action against themselves or another individual
 - b. When a client or their family is likely to suffer threats, or the results, or harmful behavior
 - c. Where there is a reasonable suspicion of the abuse of elderly persons or the children under the age of eighteen

3. **Note-Taking and Record Keeping:** Couselees will have a file created in his, her, or their name(s) containing intake forms, signed consents and notes taken from and after sessions. The purpose of a file is to help the counselor remember relevant information and to carry out his/her responsibilities effectively and efficiently. They are used for the purpose of recollection for future sessions. Records will be created, maintained, stored, and disposed of in accordance with the law. All physical records will be kept in locked cabinets with counselor-only access and will be completely shredded 7 years after the last dated appointment.

4. **Forms of Communication:** Although I will do whatever is possible to maintain confidentiality please be advised that email, phone voicemail, as well as conversations via Skype, FaceTime, or other internet- based forms of communication are not necessarily secure.

5. **Counseling Philosophy:** Anchored Pastoral Counseling utilizes a pastoral/Biblical approach to counseling. This approach to counseling utilizes prayer, the Bible, Christian values and perspectives as a means to help the client (and family if applicable) deal with identified problems. We believe that a relationship with the living God through the salvation Jesus Christ brought to man is the foundation of all movement towards good mental health. The Bible and its teachings on spiritual formation help a person grow in their reconciliation to God. As this happens the counselee experiences more rest and an increase in mental health. The Bible's teachings and how they impact spiritual formation functions as the counselor's primary tool and can speak to emotional as well as spiritual problems. We believe many problems stem from a breakdown in relationship with God and others. As such, talking about these relationships may open up levels of awareness that can cause pain and anxiety and may lead to changes that can produce disruptions or turmoil in your present circumstances. If at any time you have questions or concerns about this process please address your counselor now or in the future. You are entitled to receive information about the methods of counseling, the techniques used, and the duration of counseling (whenever possible). You may seek a **second opinion** from another counselor or **terminate** counseling at any time.
6. **Appointments:** Anchored Pastoral Counseling is currently accepting clients on Tuesday and Thursdays. We will do our best to work with you to find an appointment time that suits your schedule. You will receive the remainder of your scheduled time the day before your appointment. Our cancellation policy is described separately. Two consecutive missed sessions without prior notice constitutes a termination of the counseling relationship.
7. **Emergencies:** Our office number (205-614-3073) is not an emergency number and Anchored Pastoral Counseling does not offer 24-hour crisis coverage. Therefore, the following procedure is to be followed if you experience a crisis:
 - a. Call 911 if you are in immediate danger
 - b. Call the local crisis center **205-391-3131** if you need to speak with someone immediately
 - c. Call your psychiatrist if you are under psychiatric care.
 - d. Leave a message with counselor letting him know of the emergency and that you have already called placed a call to 911 or the crisis center and to your psychiatrist (if applicable).
8. **Calls to the office after hours:** Phone calls to your counselor in between sessions are generally discouraged. If a need arises outside of your scheduled appointment please email or call the office to check for appointment availability. ***Phone calls, which last longer than 10 minutes, will be charged at half of your hourly rate.***
9. **Payment:** You pay for counseling at the time of your counseling appointment and you can pay by cash, check, or Venmo. If you pay by check, please make your check out to Anchored Pastoral Counseling. A receipt will be provided upon request.

Please note: To keep costs at a minimum we do not have a full-time secretary to make appointments and answer questions. As such, you may get the answering machine frequently but we will return calls as promptly as possible. Each counseling session will be 50 minutes so that the counselor has ample time to prepare between sessions.

My signature below acknowledges that I have read and been able to ask questions regarding the above information.

Signature of Counselee

Date