

*Rachel Pearl VanEtten* MA, LPC 

## **Reflective Consultation Overview**

### **About You**

You already possess the wisdom and strength within you to make decisions and create the life you desire. I believe this wholeheartedly. This belief informs my consultation stance.

### **About Me**

My life has brought me a myriad of experiences, many of which inform my view as a consultant. I have achieved a masters degree in counseling and a masters degree in education with a concentrated focus in early childhood education.

Professionally, I work as a Licensed Professional Counselor and I have worked as an Early Childhood Mental Health Consultant focusing on ages 0-6 years old.

As a Consultant, I make every effort to work from a holistic strength-based perspective. I value your experiences and wisdom. The following Consultation Stances inform my consultation work:

1. Mutuality of Endeavor
2. Avoiding the position of expert
3. Wondering instead of knowing
4. Understanding another's subjective experience
5. Considering all levels of influence
6. Hearing and representing all voices
7. The centrality of relationships
8. Parallel process as an organizing principle
9. Patience
10. Holding hope

### **Areas of Focus**

I provide strength-based consultation to support you in the areas that you have identified. Here are some examples:

- Challenging behaviors (children ages 0-6) at school and/or home
- Strengthening relationship for children and families/parent coaching
- Child development conversations and information
- Reflective Consultation Sessions for parents and/or school professionals

## **Consultation Process**

The consultation process requires trust. Thank you for trusting me to support you as a parent and or school professional to engage in a reflective process around identified goals.

Together, we will identify goal(s) for our reflective consultation process. We will evaluate progress on a regular and consistent basis to ensure you achieve your intended goals.

I will use reflection, encouragement, gentle challenge, authentic presence, and unconditional positive regard throughout our work in the consultation process. I will regularly reflect back your strengths and gifts to encourage your growth and development toward your identified goal.

While I will ensure that consultation does not morph into counseling or psychotherapy, I bring a deep understanding of psychology, trauma, and other mental health experiences, and interpersonal relationships to my work as a consultant. I may bring concepts from psychology into our consultation work as psychoeducation. I will maintain a healthy boundary between my role as Consultant, and not as Psychotherapist. I will name this during our reflective sessions and provide appropriate referrals to other professionals.

Lastly, I invite you to partner with me in a Reflective Consultation Process. I welcome your ongoing feedback and guidance on how we can make this partnership supportive.

**I look forward to hearing from you and working with you!**

*Rachel P. VanEtten*

*Rachel Pearl VanEtten* MA, LPC 

This Agreement is entered into by and between Rachel Pearl VanEtten, MA, LPC (Consultant) and \_\_\_\_\_ (Client) whereby Consultant agrees to provide Reflective Consultation Services for Client focusing on goals determined by Client at initial intake meeting.

### **Description of Consultation Services:**

Consultation is partnership (defined as an alliance, not a legal business partnership) between the Consultant and the Client in a thought-provoking, collaborative, creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation and development of personal, professional, or business goals, as well as develop and carry out a strategy and/or a plan creating collaboratively for achieving those goals.

### **1) Consultant-Client Relationship**

A. Consultant is a Licensed Professional Counselor, therefore agrees to maintain the ethics and standards of behavior established by the American Counseling Association. It is recommended that the Client review the ACA Code of Ethics and the applicable standards of behavior at [www.counseling.org](http://www.counseling.org).

B. Client is solely responsible for creating and implementing his/her own physical, mental, and emotional well-being, decisions, choices, actions and results arising out of or resulting from the consultation relationship and his/her reflective consultation calls and interactions with the Consultant. As such, the Client agrees that the Consultant is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the Consultant. Client understands consultation is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.

C. Client further acknowledges that he/she may terminate or discontinue the consultation relationship at any time.

D. Client acknowledges that consultation is a comprehensive process that may involve different areas of his or her life, including work, health, relationships, education, and recreation. The Client agrees that deciding how to handle these issues, incorporate consultation goals into those areas and implementing choices is exclusively the Client's responsibility.

E. Client acknowledges that Consultation does not involve the diagnosis or treatment of mental disorders as defined by the American Psychiatric Association and that Consultation is not to be used as a substitute for counseling, psychotherapy, psychoanalysis, mental health care, substance

abuse treatment, or other professional advice by legal, medical or other qualified professionals and that it is the Client's exclusive responsibility to seek such independent professional guidance as needed. If Client is currently under the care of a mental health professional, it is recommended that the Client promptly inform the mental health care provider of the nature and extent of the Consultant and Consultation relationship agreed upon by the Client and the Consultant.

F. The Client understands that in order to enhance the Consultation relationship, the Client agrees to communicate honestly, be open to feedback and assistance, and to create the time and energy to participate fully in the program.

## **2) Services**

The parties agree to engage in Reflective Consultation Sessions through in-person sessions or Zoom video sessions.

## **3) Fees & Payment**

Rates for Consultation Sessions are \$150.00 per clinical hour (50 minute hour) is due at the time of service. Fees can be paid via Venmo or personal check. I do not charge for periodic, brief phone calls under 10 minutes. Calls longer than 10 minutes will be billed at a pro-rated rate. I do not charge to receive emails or to provide brief email responses stating email was received. Emails that with extensive content will be discussed our next Consultation Session.

## **4) Confidentiality**

This consultation relationship, as well as all information (documented or verbal) that the Client shares with the Consultant as part of this relationship, is bound by the principles of confidentiality. However, please be aware that the Consultant-Client relationship is not considered a legally confidential relationship (like the medical and legal professions) and thus communications are not subject to the protection of any legally recognized privilege. The Consultant agrees not to disclose any information pertaining to the Client without the Client's written consent. The Consultant will not disclose the Client's name as a reference without the Client's consent. Confidential Information does not include information that: (a) was in the Consultant's possession prior to its being furnished by the Client; (b) is generally known to the public or in the Client's industry; (c) is obtained by the Consultant from a third party, without breach of any obligation to the Client; (d) is independently developed by the Consultant without

use of or reference to the Client's confidential information; or (e) the Consultant is required by statute, lawfully issued subpoena, or by court order to disclose; (f) is disclosed to the Consultant and as a result of such disclosure the Consultant reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others; and (g) involves illegal activity. The Client also acknowledges his or her continuing obligation to raise any confidentiality questions or concerns with the Consultant in a timely manner.

### **5) Mandatory Disclosure Statement**

Although this agreement is exclusively for Consultation Sessions, I am a Licensed Professional Counselor in the State of Colorado, therefore I am bound by rules for Mandatory Disclosure. This means that I am legally required to make a mandated report if I become aware of possible or actual abuse of a child, abuse of an elder, abuse of a vulnerable adult, or risk of harm to self or others. As such, I include this section of Mandatory Disclosure Statement as a part of my Consultation Agreement Form.

#### **Mandatory Disclosure Statement:**

The information provided by and to a client is protected as confidential under law (CRS 12-43-214 (a)(d) with certain exceptions. These exceptions include suicidal, homicidal, and grave disability risk, child abuse and child neglect, and elder abuse and elder exploitation. Please note: Child abuse refers to any child abuse you discuss in therapy or that is observed. This includes illegal sexual contact between two minors, or abuse of children outside your family. I am mandated to report suspected child abuse.

### **6) Cancellation Policy**

Client agrees that it is the Client's responsibility to notify the Consultant 24 hours in advance of the scheduled Consultation Session. Consultant reserves the right to bill Client for missed non-emergency sessions. Consultant will not bill for missed sessions due to illness or emergency.

### **7) Termination**

Either the Client or the Consultant may terminate this Agreement at any time. Client agrees to compensate the Consultant for all consulting services rendered through and including the effective date of termination of the Client-Consultant relationship.

## **8) Limited Liability**

Except as expressly provided in this Agreement, the Consultant makes no guarantees, representations or warranties of any kind or nature, express or implied with respect to the consultation services negotiated, agreed upon, and rendered. In no event shall the Consultant be liable to the Client for any indirect, consequential or special damages. Notwithstanding any damages that the Client may incur, the Consultant's entire liability under this Agreement, and the Client's exclusive remedy, shall be limited to the amount actually paid by the Client to the Consultant under this Agreement for all consulting services rendered through and including the termination date.

## **9) Entire Agreement**

This document reflects the entire agreement between the Consultant and the Client, and reflects a complete understanding of the parties with respect to the subject matter. This Agreement supersedes all prior written and oral representations. The Agreement may not be amended, altered or supplemented except in writing signed by both the Consultant and the Client.

## **10) Dispute Resolution**

If a dispute arises out of this Agreement that cannot be resolved by mutual consent, the Client and Consultant agree to attempt to mediate in good faith for up to (certain amount of time such as 30 days) after notice given. If the dispute is not so resolved, and in the event of legal action, the prevailing party shall be entitled to recover attorney's fees and court costs from the other party.

## **11) Severability**

If any provision of this Agreement shall be held to be invalid or unenforceable for any reason, the remaining provisions shall continue to be valid and enforceable. If the Court finds that any provision of this Agreement is invalid or unenforceable, but that by limiting such provision it would become valid and enforceable, then such provision shall be deemed to be written, construed, and enforced as so limited.

**12) Waiver**

The failure of either party to enforce any provision of this Agreement shall not be construed as a waiver or limitation of that party's right to subsequently enforce and compel strict compliance with every provision of this Agreement.

**13) Applicable Law**

This Agreement shall be governed and construed in accordance with the laws of the State of Colorado without giving effect to any conflicts of laws provisions.

**14) Binding Effect**

This Agreement shall be binding upon the parties hereto and their respective successors and permissible assigns.

**I have read the preceding information and I understand my rights as a client. I agree to enter into this Consultation Agreement.**

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name