

Confidentiality

We recognize the personal nature of information revealed in therapy and try to respect the confidentiality of every client. The information from the therapy sessions will remain confidential with the CFL and guidelines established by Kansas State regulations. By State law and our professional code of ethics, confidentiality does not apply under the following conditions and may be breached if:

- a client reveals the intent to harm self and/or others;
- the client presents reasons to suspect child abuse/neglect or elder abuse/neglect;
- or when an order for records or testimony is ordered by a judge.

Should any of the above situations occur, your student therapist will inform you of his/her legal and ethical responsibilities and actions.

Information about your case and treatment may be released to a third party only with your permission and after you have signed a Release of Information request. If you are involved in couple or family therapy, all persons over the age of 13 who have participated in the therapy must sign a Release of Information before records may be released.

Because the Center on Family Living is a teaching facility, you will be asked to sign a release giving permission for audio or video recording of your sessions. The audio or video recording is used in the supervisory process of training. These recordings will be treated with the same ethical concerns as confidential records and will be erased after supervisory use.

Professional services

The CFL office is staffed on a part-time basis, typically from 9 a.m. to 3 p.m., Monday - Friday. These times are subject to change slightly each semester based on the availability of current work study students. Staff can be reached at **316-295-5638**. Phone messages for your student therapist may be left at any time day or night by calling 316-295-5169.

Emergency phone contact is available to assist CFL clients after hours during the week, on weekends and on holidays by calling 316-295-5905 to speak with or leave a message for the on-call student therapist.



Friends University Center on Family Living

Client Information

Providing affordable therapeutic services to individuals, couples and families in the greater Wichita area.

FRIENDS UNIVERSITY

friends.edu/cfl | 316-295-5638

WichitaCFL@friends.edu

The Master of Science in Marriage and Family Therapy at Friends University is accredited by the Commission on Accreditation of Marriage and Family Therapy Education (COAMFTE) of the American Association for Marriage and Family Therapy (AAMFT), 112 S. Alfred St., Alexandria, VA 22314, (703-838-9808), coa@aamft.org. Friends University does not discriminate against academically qualified students on the basis of race, color, national or ethnic origin, sex, disability or age in its programs and activities. Accredited by the Higher Learning Commission and a member of the North Central Association, 203 S. LaSalle Street, Suite 7-500, Chicago, IL 60604; www.ncahlc.org; 1-800-621-7440

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friends.edu/cfl
316-295-5638
WichitaCFL@friends.edu

Welcome

Welcome to the Center on Family Living (CFL). We are pleased to have the opportunity to work with you. This brochure will introduce you to our services. If you have any questions, please ask your student therapist or any of our staff.

The CFL provides the following therapeutic services to individuals, couples and families in the greater Wichita area:

- Premarital therapy
- Family therapy
- Stepfamily concerns
- Communication issues
- Sexual concerns
- Divorce adjustment
- Life transitions
- Work and school stress
- Parenting concerns
- Child and adolescent therapy
- Anxiety and depression
- Behavior problems
- Marital/couples therapy
- Grief and loss issues

Call **316-295-5638** to make an appointment.

Our staff

Friends University's CFL is a nonprofit, educational and teaching facility. At the CFL, we strive to provide the highest quality of services to our clients while meeting the training needs of our graduate student therapists. Student therapists are supervised by the clinical faculty of the Master of Science in Family Therapy program. All clinical supervisors are either approved supervisors or approved supervisors-in-training with the American Association for Marriage and Family Therapy.

How therapy works

Individuals, couples, families, and the parent(s) or legal guardian(s) of an adolescent or child may request therapy services when dealing with specific problems. In the first two therapy sessions, attention is given to exploring the reason for seeking therapy and identifying directions for possible change. Emphasis is placed on the interaction among family members as well as the role each person plays in bringing about positive relationship growth.

Client rights

All clients have rights concerning their therapy. You have:

- the right to ask questions about your therapy.
- the right to decide not to receive therapeutic help from a student therapist at the CFL.
- the right to end therapy at any time without any moral, legal or financial obligations other than those already incurred.
- the right to know the Code of Ethics followed by the student therapists at the CFL.
- the right to specify and negotiate therapeutic goals and to re-negotiate them when necessary.
- the right to be fully informed of the limits of confidentiality in the therapy setting.
- the right to be fully informed about the fees for therapy and the method of payment.

Appointments

Appointments are usually scheduled for 50 minutes, commonly known as a "clinical hour." These appointments can be scheduled Monday - Sunday, from 8 a.m. until 10 p.m., depending on your student therapist's availability. To avoid paying a cancellation fee, please call to cancel or reschedule an appointment 24 hours prior to your scheduled appointment time. Messages for your student therapist may be left at 316-295-5169.

Benefits and risks

When you seek therapy it is important to know that there are benefits and risks involved in the changes that may occur. The benefits of therapy may include an enhancement of your ability to handle or cope with your marriage, family and other relationships in a healthier way. You may also gain a greater understanding of personal and family goals and values. This new understanding may lead the way to greater maturity and happiness as an individual, as a couple or as a family.

However, therapy may be challenging and uncomfortable at times. Remembering and resolving unpleasant events may cause intense feelings of fear, anger, depression and frustration. As you work to resolve issues between your family members, marriage partner and others, you may experience

discomfort and an increase in conflict. There may be changes in your relationships you had not originally intended.

Your student therapist will discuss with you the benefits and risks involved in your particular situation. We encourage you to discuss with your student therapist any concerns you have as your therapy progresses.

Fees

Student therapists receive no income for their services. Our fees are based on a sliding fee scale and your fee will be determined at the time of your intake. Clients are expected to pay for each session at the time of their appointment unless other arrangements have been made by the agency that referred you or with the CFL Clinic Manager.

A \$15 cancellation fee will be charged for missed appointments if notification is not given 24 hours in advance.

Checks that are returned to the CFL because of insufficient funds will be charged a \$30 return check fee.

Frequently, clients are asked to complete assessment inventories to enhance their relationship work in therapy. There is an additional charge for these inventories that covers the cost of the materials. Your student therapist will discuss the benefits and costs involved with the instruments if it is determined they would be useful in your work together.

If you are involved with a court referral for therapy and anticipate the need for written reports for the court system or another agency, it is important that you let your student therapist know as soon as possible.