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Counseling Services, Policies and Informed Consent

Welcome, I am pleased that you have selected **BIS, LLC** for your counseling needs and have chosen to work with me as your counselor. This document is designed to inform you about my office policies and to insure that you understand our professional relationship.

I use a holistic approach to counseling which takes into account the spiritual, psychological, social and biological dimensions of the client. The relationship we establish will be characterized by mutual respect, collaboration and cooperation. Our mutual goal will be that you will grow, develop, and be committed to working on things we talk about both during our sessions and at home. My ultimate goal is that you will come to a place of being able to resolve your own issues and / or live with manageable emotional discomfort without my assistance or intervention. I will offer you tools in which you can utilize in the achievement of this goal.

Counseling or Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience discomfort like feelings of sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have many benefits. Therapy often leads the client to having better relationships, solutions to specific problems, and significant reductions in feelings of distress. Please note however, that it is impossible to guarantee any specific results regarding your counseling goals. Together, however we will work to achieve the best results possible.

Please feel free to talk with me if you should ever feel uncomfortable. This will help the therapy process and help you be more confident regarding your treatment. Please feel comfortable to ask questions as they come up. I am pleased you have come for counseling and look forward to getting to know you. If at any time you are dissatisfied with my services, please let me know. If you are unable to resolve your concerns, I will be available to refer you to another therapist or agency that may be able to help you. If you feel I have acted in an unethical or immoral manner, you may call the LPC or LMFT board at 1-800-533-1560.

