

Welcome to Inner Life Counseling & Consulting, LLC

Inner Life Consulting and Inner Life Ministry were formed in 1999 by Dr. Christopher Ryan, D. Min., MSW, LICSW, CEAP, SAP. The areas of service focus on two areas: Training and development to organizational and HR leadership to help equip the organization to manage the "human nature" element and challenges; and Professional counseling for individual and couple's needs, as well as personal and business coaching. Christopher Ryan is Licensed Independent Clinical Social Worker (LICSW) and a Doctor of Divinity/Ministry, with a focus on teaching, leadership development, counseling and coaching. He provides counseling and psychotherapy for adolescents (17 and up), adult individuals, parenting consultation, and pre-marital and married couples. Chris is also a Certified Employee Assistance Professional (CEAP), providing consultation and "coaching" services to employees and employers. He has been a keynote speaker and trainer in many industries throughout New England and abroad. Chris is an expert in Human Resource and Leadership consulting and organizational risk management. He has extensive experience assisting organizations with difficult change and trauma in the workplace. Chris also works closely with many Churches, assisting ministers and leaders to best deal with challenges they face in vocational ministry. Chris is also a qualified Substance Abuse Professional, trained to evaluate those with DOT licenses under the federal guidelines upon a violation of the regulations. He belongs to the American Association of Christian Counselors, and is part of the Outpatient Counseling Referral Network with the nationwide New Life Ministry and Vow Savers Ministry.

Dr. Ryan works collaboratively with other contracted providers and at times has staff and interns work under his practice.

Chris' areas of clinical interest and specialty include: assessment and treatment of depression and anxiety, trauma, ADHD, sexual addiction and chemical addiction, family issues, couples and marital issues, interpersonal conflict and relationship issues, struggles with "boundaries", grief/loss, and faith-based concerns and growth. Chris is also trained in Eye Movement Desensitization Reprocessing (EMDR) and Exposure Therapy; both of which are modern treatment interventions for trauma and intensive emotional distress. Chris also has expertise on human resource consulting and management consulting. He has conducted Fitness for Duty evaluations for employers and multiple other risk-related and critical incident type of responses.

Chris is also available for consultation to clergy and for seminars as requested by churches or organizations on a variety of relational and spiritual topics. See website (www.innerlifecc.com) for a list of training.

Chris is a committed Christian in his personal life and believes in utilizing the resources of the behavioral sciences and the spiritual development of the individual or family. This holistic approach is often effective to help resolve personal and relational issues. However, Chris does NOT pressure this approach or his faith into the counseling unless clients are seeking this.

The following are policies and informed consent necessary for you to carefully read and understand prior to engaging in counseling:

Confidentiality:

Cases are reviewed with my clinical consultant on a routine basis for the purpose of review and feedback from another objective therapist. Usually full names are not shared with my consultant but only what is necessary for review. These consultations and all conversations with clients are confidential. The federal government enforces practitioners to adhere to the Health Information, Privacy and Protection Act (HIPPA). The following are **exceptions** confidentiality:

If you are using your health insurance, they may require release of some clinical information, including a diagnosis;
If I learn of an instance of child abuse or abuse to an incapacitated adult,

If you are in danger of inflicting serious bodily injury to yourself or another or are in danger of causing substantial damage to real property, then I am required by law to obtain further assistance;

If you request that your records be released and sign a written release of information form;
If I am required to release records to a court of law (please note that I do not do court ordered evaluations and couples counseling is for the purpose of improving the marriage, not to provide an evaluation or "profile", therefore, I do not render any opinion in court proceedings).

Ethics:

Chris adhere to the ethical codes and principles of the National Association of Clinical Social Workers and the American Association of Christian Counselors. Copies are available upon request.

Physical Exams:

If you have not had a basic physical examination within the past six months, I am required by law to encourage you to do so. I am also required by law to consult with physicians when the symptoms that cause a client to seek psychotherapy are deemed to have a physiological cause. Sometimes a psychiatric or neurological consultation is needed for medication. I will offer several referrals should my clients need them.

Emergency Coverage:

I do not offer emergency 24-hour coverage since the counseling part of my practice is part-time; about 20 hours per week. During the week or the weekend, if you feel you are having an emergency, please go to the nearest emergency room or call the community mental health emergency service line at **668-4111**. An on-call emergency clinician will be paged. They will assist you and notify me of the contact upon your written release. If you have an urgent need to schedule an appointment with me prior to our next scheduled session, please leave a message on my voice mail and I will return your call as soon as possible. I check messages every day during the week and attempt to return them promptly.

Fees/Payment:

Most clients either use their insurance to compensate for their psychotherapy or pay out-of-pocket. Initial interview billable rate is \$135 and 50 minute sessions to follow are \$125, or \$150 for 75 minute sessions (Often couples benefit from 75 minute sessions, as well as individuals participating in trauma treatment.) Occasionally churches or another agencies may provide subsidy to assist in payment. If health insurance is an option, the client is responsible for the copay or deductible payment at the time of each session. Please note that health insurance can only be billed if a valid "diagnostic code" can be submitted that corresponds with the main reason for seeking services. Ultimately, the client is responsible to coordinate any subsidies made and is responsible for the remaining balance of the agreed upon fee. On some occasions I may offer a sliding fee scale based on single or joint income, which I can discuss with you prior to the first appointment. Payment is collected at the time of each session via cash, check or PayPal. PayPal invoices can be emailed to you prior to scheduled appointment. Usually a small fee is added for PayPal charges.

If you miss an appointment for which you are charged, or if you owe a balance, you are responsible to make payment promptly. Payment can be made with check or cash; however, I do not usually have change available for cash payments. If there is the need for court ordered documents or appearance I charge for paperwork preparation (please see confidentiality statement regarding my limitation in court proceeding and evaluations). If I need to appear at court there is a minimum charge of \$350.00, and after two hours of time an additional \$90/hour charge. A mileage fee may also be added if location is beyond 20 miles from my office.

Cancellation of appointments/Termination of counseling services:

I do have a 24-hour cancellation policy, similar to many other healthcare providers. This policy requires a cancellation within 24 hours or full payment for the session is expected for time reserved. Please note that insurance companies do not reimburse for missed appointments. If an emergency (which we discuss) occurs, payment is not expected. If the weather is inclement enough where local schools have canceled I do not charge

for canceled sessions.

If you decide you want to end counseling or have a concern with the counseling, please talk with me about it. Most issues can be discussed and processed through positively during session, and they often provide an opportunity for growth on the issues that brought you to counseling. If you or I agree that ending your counseling is appropriate, we can plan to gradually end the sessions and bring closure to the work you have accomplished.

I, _____ (print name), _____ (DOB), have read the above information and agree

To all of its terms. I understand that I can discuss concerns I have with informed consent or the counseling process with Chris at any time. My signature below indicates that I have agreed to participate voluntarily in counseling and/or psychotherapy with Christopher Ryan, D. Min, MSW, LICSW, CEAP, SAP and will pay for the below fee per session. Balances not paid are subject to collection agency investigation. I understand that even if I am using my health insurance, I am ultimately responsible for fees for rendered services. I acknowledge that non-emergency cancellations without 24- hour prior notice are subject to payment for reserved time and that insurance companies cannot be billed for those appointments. I also agree to pay for timed reserve if I cancel an appointment or do not show for an appointment, except in emergencies.

(Client signature and date)

(Fee per session; Client initials)

(Counselor signature and date)

I agree to have my insurance or EAP billed for services. I agree to have demographic information, diagnosis, and treatment information shared with my insurance that is related to billing and approval for services.

My insurance/EAP is: _____

Insurance ID: _____

Insurance Group #: _____

Client Signature & Date: _____