Counselor Contact Information:

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Website: https://www.agaperoc.org/
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Welcome to Calvary Assembly Counseling
We humbly thank you for giving us the privilege to journey with you during this season of your life. We recognize our responsibility to God, to you, and to the church as we come alongside you to learn and grow together in God's grace. Please take the time to read this important document that explains what you can expect from us as you receive Christian counseling through Calvary Assembly.

FAQ's

What is Christian Counseling at Calvary Assembly?

The Christian counseling we offer is a way of loving you as we seek to understand your struggles as you live in an imperfect world. We will see how Christ and Gospel truths apply in deeply personal and specific ways to the realities of your life so that you can live by faith in community, made possible through the power of the Holy Spirit. At Calvary Assembly, we believe Jesus powerfully transforms our individual lives, our relationships, and the world.

What Christian counseling is NOT:
1. Christian counseling is not just quoting or prescribing Bible verses and asking you for more faith and effort.
2. Christian counseling does not follow a fixed paradigm of method and sequence, expecting the same "results" for each person.
3. Christian counseling is not merely teaching biblical principles in general while ignoring the specific details of each person's story.
4. Requesting Christian counseling is not a sign of failure or weakness. None of us have arrived and all of us need help. Asking for help is a strength, not a weakness.

What will my time be like?

Appointments are typically around 45 to 50 minutes long, though they can range from shorter to longer, depending on the conversation. Your first session will be introductions, sharing some of your background – and talking about why you have sought out counseling. It's both spiritual and practical. In advance of this meeting, you will fill out a form for your counselor to get to know some of your background so that they can guide the conversation and begin to help you.

What is the typical duration of counseling?

This will vary according to your needs. Ultimately, you and your counselor will make this decision collaboratively. Sometimes one or two sessions are sufficient – and sometimes up to 6 or 8 sessions are needed. Our goal is to support you in walking through your challenge(s).

What is the cost?

The cost per session ranges between $70 and $100 and varies between individuals and couples. While many counselors charge between $150-$200 per session, the rate for counseling is discounted substantially (by both the counselors and the church) for you because you are connected to Calvary Assembly. You do not need to be a member to access this benefit. If you are unable to afford this rate, you may apply for financial support, and our team will review your request. Please reach out to john@rcalvary.org if you need the form. Your payment or share of payment can be made directly to your counselor.

Why is Calvary Assembly offering this?

We believe that mental, emotional, and spiritual health are all connected. Our hope is to see everyone fully healed and healthy as a way to invest in our community by offering new tools and insights with a trained, Christian, mental health counselor. We view this as an investment into our community and individual lives.

Do you accept insurance?

Our counseling partners accept various insurances.

What if I just need pastoral care, not counseling?

Our church is grateful to also be able to offer this as well. Pastoral care focuses more on mentoring, whereas Christian counseling incorporates Biblical truths with modern psychology. We have a team of trained elders who we will do our best to connect you to. The availability is subject to change based on people's availability. There is no cost associated with this.

What if this option isn't right for me?

That's ok! We have other options available as well. We have a list of recommended counselors in the Rochester area. To receive this list, simply email office@rcalvary.org.

Is what I share confidential?

Yes. The information shared between you and your counselor is confidential between only you and the counselor. Other confidentiality details are explained in the "Notice of Privacy Practices", which we ask you to read and sign before attending your first session.

How do I set up an appointment?

You can set up an appointment by contacting our church office or reaching out to a counselor directly. Contact information is on page 1.

What Do I Need To Bring?

For your first session, you will need to bring a signed copy of the "Notice of Privacy Practices" and the Background Information Form for your counselor. If you can email the forms to your counselor ahead of time, that is preferred – or you can bring them with you. These forms are available at rCalvary.org/counseling.

Notice of Privacy Practices

This notice involves your privacy rights and describes how information about you may be disclosed. Please review it carefully, sign it, and bring it to your first appointment.

I. Confidentiality

As a rule, I will disclose no information about you, or the fact that you are my client, without your written consent. My records describe the services provided to you and contain the dates of our sessions, functional status, symptoms, prognosis and progress, and any psychological testing reports. If you wanted me to talk to a health care provider, I will require your permission in advance either through your consent at the onset of our relationship, or through your written authorization at the time the need for disclosure arises. You may revoke your permission, in writing, at any time, by contacting me.

II. "Limits of Confidentiality"

Possible Uses and Disclosures of Mental Health Records without Consent or Authorization
There are some important exceptions to this rule of confidentiality – some exceptions created by our own choice (explained below), and some required by law. If you wish to receive mental health services from your counselor, you must sign the attached form indicating that you understand and accept this policy about confidentiality and its limits. You and your counselor will discuss these issues now, but you may reopen the conversation at any time during your work together.
First, there is a unique relationship between the counselor and Calvary Assembly. The counselor is acting as a Christian counselor, partnering with the senior and executive pastors at Calvary Assembly to try to help the people that they serve to be healthy. We believe mental, spiritual, and emotional health are all connected. The church office at Calvary Assembly also has a list of recommended counselors you can ask for. The pastoral team and the counselors are all supportive of the best option for you.
In addition, while setting up or attending an appointment, a staff member or volunteer at Calvary Assembly may be aware that you are meeting with your counselor. We do not intend to share what you have talked about with our staff without your consent. However, there may be circumstances where someone sees you going to your appointment – or someone helps set up an appointment with you via email, phone, social media, or in person.
Our counselors are able to see you in person or online, using a HIPAA-compliant platform. They may use or disclose records or other information about you *without* your consent or authorization in the following circumstances, either by policy, or because legally required:

· **Emergency:** If you are involved in a life-threatening emergency and your counselor cannot ask your permission, they will share information if they believe you would have wanted them to do so, or if they believe it will be helpful to you.

· **Child Abuse Reporting:** If your counselor has reason to suspect that a child is abused or neglected, they are required by New York law to report the matter immediately to the New York State Department of Child Protective Services.

· **Adult Abuse Reporting:** If your counselor have reason to suspect that an elderly or incapacitated adult is abused, neglected or exploited, they are required by New York law to

immediately make a report and provide relevant information to the New York State Department of Adult Protective Services.

· **Serious Threat to Health or Safety:** Under New York State law, if your counselor is engaged in their professional duties and you communicate to them a specific and immediate threat to cause serious bodily injury or death, to an identified or to an identifiable person, and they believe you have the intent and ability to carry out that threat immediately or imminently, they are legally required to take steps to protect third parties. These precautions may include 1) warning the potential victim(s), or the parent or guardian of the potential victim(s), if under 18, 2) notifying a law enforcement officer, or 3) seeking your hospitalization. By my own policy, they may also use and disclose medical information about you when necessary to prevent an immediate, serious threat to your own health and safety. If you become a party in a civil commitment hearing, they can be required to provide your records to the magistrate, your attorney or guardian ad litem, an evaluator, or a law enforcement officer, whether you are a minor or an adult.

· **Records of Minors:** New York State has a number of laws that limit the confidentiality of the records of minors. You and your counselor will discuss these in detail if they provide services to minors.

While your sessions will either be done in person or online, sometimes communication will be completed via email, text, or phone calls. This document gives consent to be able to communicate via these communication mediums.

Other uses and disclosures of information not covered by this notice or by the laws that apply to your counselor will be made only with your written permission.

Complaints: If you believe your privacy rights have been violated, you may file a complaint. To do this, you may submit your request in writing to your counselor and to the pastoral leadership team at Calvary Assembly.

Patient's Acknowledgement of Receipt of Notice of Privacy Practices

Please sign, print your name, and date this acknowledgement form. I have been provided a copy of Calvary Assembly and Calvary Assembly's counseling partners "Notice of Privacy Practices." We have discussed these policies, and I understand that I may ask questions about them at any time in the future. I consent to accept these policies as a condition of receiving mental health services.

Signature: _____

Printed Name: _____

Date: _____