



## **INFORMED CONSENT AND PROCEDURES HEATHER TUSTISON, LCPC, NCC**

### **INTRODUCTION**

Welcome to Heather Tustison, LCPC, LLC! Thank you for choosing me to assist you with your personal situation. This document contains important information regarding my professional services, business policies, your client rights, privacy, protection, and confidentiality. Please read the following document carefully. If you have any questions, please ask for more information.

### **QUALIFICATIONS AND EDUCATION**

I am a Licensed Clinical Professional Counselor (LCPC-4258), National Certified Counselor, and Clinical Supervisor in the State of Idaho. I have a Master's degree in Marriage and Family Counseling from Northwest Nazarene University. My education and experience has prepared me to counsel individuals, couples, groups, parents, families, children and adolescents. I am actively pursuing certification in Emotionally Focused Therapy (EFT). Certification is rigorous and requires continued education, training, and supervision. I have completed over 200 post-licensure hours of additional training in EFT for couples (find me at [www.iceeft.com](http://www.iceeft.com)).

### **SUPERVISION**

Additional Supervision may be required due to professional and insurance requirements; if that becomes the case you will be notified within 30 days of that supervisory role beginning.

### **THEORETICAL FRAMEWORK**

My basic core beliefs are based in Gestalt, complimented by Contextual and Family Systems theories.

- Gestalt therapy is an existential/experiential form of psychotherapy that emphasizes personal responsibility, and that focuses upon the individual's experience in the present moment, the therapist-client relationship, the environmental and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation.
- Contextual therapy gives an ethical perspective emphasizing trust, loyalty, transgenerational indebtedness and entitlements as well as fairness in relationships between family members.
- Family Systems theory notes an individual is in constant relation to the larger system, therefore, where the system is changed, so will the individual, as well, where the individual is changed, the system will also be changed.
- For my couples work, I utilize Emotion Focused Couples Therapy. EFT is based in family systems theory, Gestalt, and attachment theory. EFT is a well-researched model that helps couples identify and address repetitive negative patterns that hurt and replace them with skills for building a deeply satisfying, trusting connection. EFT is one of the most effective methods to use in marriage and family counseling.

I integrate complementary methodologies and techniques to offer a highly personalized approach tailored to each client. With compassion and understanding, I work with each individual to help them build on their strengths and attain the personal growth they are committed to accomplishing.

### **BUSINESS RELATIONSHIP**

Heather Tustison, LCPC, LLC, is located within the group practice of Treasure Wellness Counseling and Training Center. Treasure Wellness Counseling and Training Center leases space to Heather Tustison, LCPC, LLC, and maintains secure space for file retention, group space and offices. Heather Tustison, LCPC, LLC is a self-contained counseling practice working to help individuals, couples and families to develop, repair and strengthen relationships. Any and all inquiries regarding the professional business relationship can be addressed to Heather Tustison, LCPC, LLC.

**PLEASE CONTINUE TO TREASURE WELLNESS INFORMED CONSENT PART 2 – TAB 31**