

**Work & Life Directions, PLC**  
LaRae Jome, Ph.D., Licensed Psychologist  
7026 East Fish Lake Rd., Maple Grove, MN 55311  
(763) 772-6272

### **Consent for Individual Counseling Services**

#### **CAREER AND LIFE COUNSELING SERVICES**

At Work & Life Directions our mission is to support and empower people to create satisfying working and personal lives. We provide career and life counseling services to adults and adolescents. Individual counseling sessions are provided by Dr. LaRae Jome, Ph.D., who is a licensed psychologist in the states of Minnesota (LP5850) and New York (#051031).

**Individual Sessions.** I provide career and life counseling services, including career testing. I meet with people for individual sessions in my counseling office. Sessions typically last 50 minutes. In the first session, I ask a lot of questions to evaluate your needs and concerns, and by the end of the session I provide you with an idea of how we might work together to help you achieve your career and life goals.

**Voluntary Participation.** When you work with me you are making a choice to voluntarily engage my counseling services, and you can terminate at any time.

#### **BENEFITS AND RISKS OF CAREER AND COUNSELING**

Counseling may involve discussing unpleasant and difficult aspects of your life, and one of the risks of participating in counseling is that you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. Counseling can take time and effort and you may not find a quick answer or solution to your concerns. On the other hand, counseling has been shown to have benefits such as having more satisfying relationships, identifying solutions to specific problems, and experiencing significant reductions in feelings of distress. There are no guarantees, however, of what you will experience.

#### **CONTACT INFORMATION**

Phone or Text: (763) 772-6272

Email: [DrJome@CenterForWorkAndLifeWellness.com](mailto:DrJome@CenterForWorkAndLifeWellness.com)

Email and Text Messaging are not secure forms of communication and are best used only to schedule or reschedule sessions. Do not use email or text to convey confidential information to me, as I cannot guarantee your privacy.

**Social Media Policy.** In order to protect your privacy and confidentiality, I will not communicate with you on any social networking sites, such as Facebook or LinkedIn.

**Emergencies.** If there is an emergency and you need immediate assistance, please call 911 or contact Crisis Connection at (612) 379-6363 or (866) 379-6363.

#### **FEES AND PAYMENTS**

The fee for an individual 50-minute session is \$150.00. The fee for a 30-minute session is \$75.00. The session fee is collected at the end of each session, and we accept cash, credit and debit cards, HSA cards, and checks. Career testing may involve additional fees. If you decide to participate in any testing, I will let you know the fees for the tests we are considering using.

