



COUPLE'S CLIENT INFORMATION SHEET

NAMES _____ DATE _____

STREET _____

CITY _____ STATE _____ ZIP _____

PHONE (home) _____ (work) _____

CELL (his) _____ E-MAIL (his) _____

CELL (hers) _____ E-MAIL (hers) _____

CHURCH _____ PASTOR _____

MARRITAL STATUS: SINGLE MARRIED DIVORCED

HOW LONG MARRIED? _____

CHILDREN: YES NO

NAMES/AGES OF CHILDREN: _____

DID YOU HAVE PREMARITAL COUNSELING? YES NO

YOU WERE REFERRED
BY _____

1. Briefly describe your relationship with God.

HIS:

HERS:

2. Have you had therapy or counseling for this problem or a related problem before? From whom? Any results? Describe:

3. What goals do you want to achieve from our work together? (Be specific)

HIS:

HERS:

3 Short Lane
Simsbury, CT 06070
Kit: 1.860.729.2549; Tricia: 1.860.729.2557
www.imagineministries.net

4. Entering into a counseling relationship is a partnership, a voluntarily-entered type of contract. We are seeking together to understand what is actually at the heart your pain, and create ways of working through and overcoming it. It takes commitment from both parties.

As counselors, we commit to provide you with the best counseling and care we can offer. We will work to apply our years of experience to help you move toward healing, freedom, and a vibrant life through the values, activities and people you share your life with. If we do our work well together, we will help you be the authentic person you are striving to be in all your pursuits.

Our signatures:

Kit McDermott

Tricia McDermott

Each of you please initial in the blank the following commitments for our work together:

1. I will commit to do what I need to do to help us heal our marriage. _____
2. I will commit to forgiving my spouse and not build a grudge. _____
3. I will ask God to help me see my role in the problem. _____
4. I will pray every day for Him to help us heal. _____
5. I will refuse the attitude “the problem with me is you.” _____
6. I will seek to listen to and understand what my spouse is feeling rather than complain or stonewall. _____
7. I will seek to be a peacemaker, servant and listener. _____
8. I will ask Jesus to change me where I need to in this marriage. _____
9. During our time of healing I will not criticize my spouse in front others. _____
10. We will ask mature people (who can keep confidences) we trust to pray for us and keep them informed. _____
11. We have read and thought about the “9 Decisions You Need to Make” document we were given. _____

PERSON 1: Signature: _____ Date: _____

PERSON 2: Signature: _____ Date: _____



WHEN YOU COME TO IMAGINE MINISTRIES FOR HELP

Fees and donations support the work of imagine/Northampton. Whether you are receiving spiritual direction, or counseling we ask for a fee. **However, we will turn away no one who seeks help, but is *truly* unable to pay.**

For your information, we offer a few guidelines:

1. If you are coming for spiritual direction, marriage and family counseling, or coaching, we ask for a base fee of **\$80** per session for individuals and **\$95** per session for couples (generally 1.5 hours for both). **WE HAVE ENCLOSED A SLIDING SCALE IF THE FEE IS MORE THAN YOUR BUDGET CAN HANDLE.** We observe the honor system. We accept cash, checks and money orders, and PayPal, but not credit or debit cards.

2. We understand lives are busy, and unexpected problems or events occasionally prevent you from keeping an appointment you have scheduled with us. **But please note our policy that if you don't notify us to cancel *at least 12 hours before your appointment time, we must bill you for the missed appointment.*** We will take extenuating circumstances such as illness, car problems or last minute work schedule changes into consideration, however. **Remember, an appointment you miss without telling us is one we could have offered to someone else looking for help through a crisis or problem.**

3. **It is also our policy that you pay the fee after *each* session. However, if you forget, please send your payment to our mailing address before the next appointment.**

4. Please make checks payable to "imagine/Northampton" **not** "Kit McDermott" or "Tricia McDermott." Thank you.

Counseling Agreement: I understand that counseling is aimed at helping me learn and apply sound principles and practices to confront my problems. I agree to enter into this counseling relationship; to do my part to change and grow; and to pay the fee for each session attended.

Counselor's Signature: _____ Date: _____

Counselee's Signature: _____ Date: _____

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NINE DECISIONS YOU NEED TO MAKE

1. **THE DECISION TO BE WELL:** While counseling and healing ultimately depend on the how well both the counselor and counselee do their work together, it is also true *you* have a crucial part to play in the process. You must commit to pursuing what it takes to heal and get well. If your will is not completely in the effort, no matter how skilled or diligent the counselor, **you will only go as far as you decide.**

2. **THE DECISION TO FACE PAIN:** In the course of getting well, you have to decide that you will face the pain necessary to heal. If you want to avoid the pain, you will only waste your time and that of the counselor. There will be struggles to face in the forms of grief, anger, guilt and shame, but you will not face them alone. Jesus will walk with you as will we. Exposing the pain begins the healing process. Walking through suffering with Christ leads to the treasures of faith, hope and maturity (Ro. 5:1-5; Jas. 1:2-4; 1Pe. 1:6-7).

3. **THE DECISION TO FACE FEAR:** Along with facing pain, you will also have to face what you might be afraid of. It could be secrets that cause you shame. It could be the fear of going through trauma again. Maybe you are afraid of being abandoned and rejected. It could be the fear of facing the responsibility of being well. Whatever the source of the fear, it has to be faced so that it is not a cruel tyrant in your life. Fear cripples; facing it gradually leads to freedom.

4. **THE DECISION TO GIVE TIME:** Emotional, psychological or relational healing for most does not happen overnight. There are no quick fixes or magic bullets. You must have patience, perseverance to allow time to heal to be healed. But, a wise counselor or therapist won't force progress faster than you are willing to embrace. Settle in your heart the commitment to take whatever time is necessary to work free from what binds and troubles you. Counseling and healing is hard work. You must decide to work at the process of getting well, otherwise you will depend on others to do it for you. No one is going to fix your life for you. You must choose to make the effort and finish the task.

5. **THE DECISION NOT TO BLAME OTHERS:** It is a chronic habit of many people to blame others for their problems, and failures. Sometimes there is credibility to the blame. But most often to do so is to hide behind a smoke screen and not reasonable responsibility for your healing, growth and maturity. Exposing false assumptions, your own and those of other's about you, is a decision to live in the truth, a freedom worth working hard for. Refusing to make other people responsible for the choices we make and the blind spots we have helps free us from being the victim falsely.

6. **THE DECISION TO TRUST**: Underlying the decision to get well is the decision to trust healing is possible as you work through your problems. Dealing with deep-seated addictions, traumas and enduring emotional pain requires that your trust be grounded in the realistic hope. Such hope that if you work diligently to uncover your pain and expose it's origin you will gradually break free of the bondage it has held you under is powerfully liberating. In turn, you also have to trust that we your counselors have your best interests at heart and will do all we can to help you break free and move forward.

7. **THE DECISION TO EMBRACE THE TRUTH**: Implied in all of this is the decision to live in the truth at all costs. What is true is what is real. What is real can be put into perspective. What is put into right perspective can empower you to overcome the trauma, burdens and obstacles overwhelming you. The decision to get well is the choice to know the truth about reality, about yourself, and about others. You must decide to pursue the truth in order to deeply heal. You must the truth so that lies, illusions, fantasies, and deceits can be brought to light, and their influence neutralized.

8. **THE DECISION TO FORGIVE**: In order to be healed and live a life full of healthy relationships, you must to decide to forgive those who have hurt, abused, betrayed, abandoned, offended and violated you. With the help of those who love you and skillful counselors, you can forgive others. It is essential to you being liberated from bondage and gradually getting better. Even if you can only begin with the willingness to forgive, you have to decide to move in that direction. To forgive is to free yourself from the selfishness, blindness, even cruelty of other against you, and not condemn the persons who harmed you. You don't pretend the harm didn't happen; you rise above it through forgiveness.

9. **THE DECISION TO LIVE A NEW LIFE**: It can take a stubborn courage to live without old hurts and fears to hide behind. Nevertheless, you must decide to discover what it means to live fully and at peace with yourself and others despite what happened to you or what burden you've had to carry. Those who do so know a contentment and strength many never experience.



FEE SCHEDULE (Counseling & Spiritual Direction)

Sessions for adults range from 1.25 to 1.5 hours. If you are unable to pay the full fee, please consult our sliding fee scale to see what to pay according to your income level.

SLIDING SCALE FEES

<u>Gross Income Level</u>	<u>Fee</u>
0-29,000	\$30 (\$35 couples, \$55 family – 3 or more)
30-35,000	\$35 (\$40 couples, \$60 family – 3 or more)
36-40,000	\$40 (\$50 couples, \$70 family – 3 or more)
41-50,000	\$55 (\$60 couples, \$80 family – 3 or more)
50-55,000	\$60 (\$70 couples, \$90 family – 3 or more)
55-70,000	\$70 (\$80 couples, \$100 family – 3 or more)
71-85,000	\$80 (\$90 couples, \$125 family – 3 or more)
86-000+	\$115 (\$125 couples, \$160 family – 3 or more)

Cancellation Policy: You must cancel 12 hours in advance in order to avoid being charged for a missed appointment.