

**How do I get the most out of PERSONAL COUNSELING?**

Show up to sessions on time.

Take a risk and practice being vulnerable in our sessions.

Be honest about how you are feeling and let me know what is and what is not helpful.

Connect your network of helpers which may include your physician and psychiatrist. *Sign a Release of Information.*

Real change and integration takes time. Practice patience with your progress.

Bring your whole self to each session and talk about what is most present for you.

**Practice Happiness One Moment At A Time**

Remember to breathe.

Make time for doing and for being.

Celebrate your successes, especially the small ones.

Feel your feelings.

Find your creative expression.

**To receive daily Meaning Moments connect with me on**



**Zvi Bellin, Ph.D., LPCC**

*Depression & Life Transitions  
Counseling for Adolescents and Adults*

*What can you expect from a professional counseling relationship?  
Informed Consent  
and Office Policies*



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**License # LPC 37**

**Therapy can improve your sense of well-being. There are always risks when talking about personally vulnerable information, such as feeling sad, angry, or confused. The best way to handle negative emotions from therapy is to let me know when they arise.**

In order to help serve you best, I participate in regular peer consultation with other licensed mental health professionals. Please let me know if you want to know more about this.

**Your participation** in the **ongoing evaluation** of your counseling process is greatly encouraged.

## **Client/Counselor Agreements**

1. Your fee per 50-min session is \$\_\_\_\_\_. Please let me know if you need to renegotiate this fee.
2. In order to avoid payment for a missed session, please cancel at least 24-hours before your scheduled time.
3. Please pay your fee by check or cash before your session begins. Inquire about paying via Paypal.
4. Legally, the information you share is confidential unless it involves harming yourself or others, child/elder abuse, or ordered by court subpoena.
5. You may call and leave me a voicemail at any time. **In an emergency situation, please call 911 or 1(800)309-2131.**

6. If a dispute arises in our work, we will opt for mediation before arbitration.

7. Therapy lasts as long as it is deemed beneficial to the client. If needed, a referral can be provided for follow up services.

*Your signature below designates understanding of the expectations and policies set forth in this pamphlet.*

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Client Signature and Date

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Second Client or Caretaker for Minors

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