

**Cenla Professional Counseling, LLC  
4207 Parliament Drive, Suite B  
Alexandria, Louisiana 71303  
Office: (318) 787-6805**

**Personal Agreements**

I understand that I may be asked to do **certain “homework exercises” such as reading, praying, changing behaviors, and otherwise acting in my own best interest.** I understand that I am entirely responsible for my own actions, and I will always make my own final decisions regarding counseling.

I further understand that much of the homework done will be to resolve issues and will depend on my honesty and willingness to do the things I need to do to move forward, even it is painful or difficult.

I understand that whatever I say in a session is strictly confidential and will not be released to anyone without my consent unless I am violating codes of abuse, harm to myself or others.

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Client Signature

Date

As your therapist/counselor, you honor me by sharing your life and growth with me. I will not hide myself behind silence or position and will hold high regard for you as a person. I will bring the best that I know from my study and experience. I will bring you the highest of my insight, wisdom, and spiritual guidance. I will keep a holistic perspective in our work together, because I believe that the physical, spiritual, and soul (mind, will, emotions) all work together to form a wholly, healthy person.

You can expect truth from me even when you may not want to hear it. I will always have compassion and empathy for you in all that we do. I value you as a person in need of care. I will do my best to honor that.

***Suzanne Palmer, MA, NCC, LAC, LPC***