

# Alpha Element Counseling

**Ingrid Serck-Hanssen, MBA, MS, LPCC**

**SERVICES:** I provide individual, couples and family counseling around a variety of issues. In the event that your treatment needs require resources or competencies beyond what I can provide, I will assist with a referral to an appropriate provider. I see clients in the Alpha Element Institute, LLC office at 4820 Minnetonka Blvd, St. Louis Park, MN 55416. I can be reached via telephone at 612-309-3659 or via email at [Ingrid@alpha-element.com](mailto:Ingrid@alpha-element.com). I try to respond to all inquiries within 24 hours. Services are self-pay. I do not accept any insurance programs.

**FEES:** Fee for service will be discussed prior to our first appointment. I do reserve some appointments for sliding fee clients. Missed appointment or late cancellations (notice less than 24 hours in advance) will result in a one-half charge the first time and a full charge a second time and thereafter.

**CONFIDENTIALITY:** Please refer to the [Notice of Privacy Practices](#). This document outlines the privacy and confidentiality policy I adhere to. All clients are required to sign the Notice of Privacy Practices prior to entering into the counselor/client relationship.

**MINORS:** For individuals under the age of 18, Minnesota law requires written parental permission prior to any treatment. The law also allows parents/guardians the right to review their minor's records. Parents/guardians will be given this information, and at the same time asked to allow a level of confidentiality in the counseling relationship with the minor.

**RECORD KEEPING:** Records and treatment summaries are maintained for five years, after which time they are destroyed. Upon written request, we will provide a copy of your treatment summary and/or pertinent portions of your record to another mental health care provider or physician of your choice. If you request release of information to any other individuals or organizations, we will request personal contact with you in addition to the written release.

**ALPHA ELEMENT ASSESSMENT:** The Alpha Element Assessment process might be an option for you to determine goals for your counseling intervention and a tool to achieve the goals set forth. Through our assessment process you gain new awareness about how you see yourself and how you present to others. Once you learn the Alpha Element language and become more familiar with the concepts you can use these tools to proactively leverage stressful situations, manage relationships and enhance communication. Through the Alpha Element Assessment process you will learn distinctions in vitality and gain a new perspective on self and others.

I am affiliated with Alpha Element Institute, LLC as co-founder of the company. You are not under any circumstances obligated to go through the Alpha Element Assessment process. Completing or declining this assessment will not impact our counseling relationship one way or the other.

**EMERGENCY RESOURCES:** I am not available for drop in services. In the event of a crisis, please contact one of the resources below, go to an emergency room or call 911.

Crisis Connection 612-379-6363 (Available 24 / 7)

Acute Psychiatric Services (APS) 612-873-3161 (Available 24 / 7)

National Suicide Prevention Lifeline at 1-800-273-TALK (800-273-8255)

**QUESTIONS AND/OR COMPLAINTS:** Thank you for taking the time to review this form. If you have any questions or concerns about any of the information provided please bring them to my attention so that we can discuss and clarify.

As a Licensed Professional Clinical Counselor in Minnesota, I am ethically bound to good practices as outlined by the Board of Behavioral Health and Therapy. You may direct any questions or complaints to my licensing board:

The Minnesota Board of Behavioral Health and Therapy  
2829 University Avenue S.E., Suite 210  
Minneapolis, MN 55414

612-217-2178

[bbht.board@state.mn.us](mailto:bbht.board@state.mn.us)