

# Consent to Treat

## INFORMED CONSENT FORM THE THERAPY PROCESS:

Therapy is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained therapist who has the desire and willingness to help you accomplish your individual goals. The therapeutic process has benefits and risks. It can evoke strong feelings and sometimes produce unanticipated changes in one's behavior. It is important that you discuss with a clinician any questions or discomfort you may have during the therapeutic process. Your clinician may be able to help you understand the experience and/or use different methods or techniques to process your emotions. Therapy also involves sharing sensitive, personal, and private information that may at times be distressing. During the course of therapy, there may be periods of increased emotion. The level of satisfaction for any individual is not predictable. Your therapist is available to support you throughout the counseling process.

**RECORDS:** Documentation is stored in locked files and/or electronically on a secure server that is only accessible by the clinician. Upon request, you may review your counseling records. In order to ensure the information contained is clearly understood, you will be asked to arrange an appointment with your therapist or another member of the counseling staff to go over the information.

**COUNSELING DECISIONS:** Frequency of sessions, number of sessions, goals, type of therapy and any alternative therapeutic measures will be discussed and negotiated between you and your therapist. You are encouraged to regularly discuss your personal goals with your therapist. If you have questions about recommendations or the approach used by therapist, please discuss your questions or concerns with the therapist. If you feel these recommendations are not appropriate, you may refuse to accept them. If you feel you are not making satisfactory progress toward your goals, please discuss this with your therapist, if you are able to resolve questions or concerns you have about the progress of counseling, the process of referring to another provider will be implemented.

## ACCESS TO SERVICES:

Counseling services are generally available upon appointment. An individual in crisis may contact the office for a brief evaluation. If it is after office hours and you are in imminent crisis, please call 911 or visit your local emergency room.

APPOINTMENTS: The therapist can be expected to respect you as an individual and to convey this respect by keeping appointments or contacting you if a change in times is necessary, by giving you his/ her complete attention during sessions, and by avoiding interruptions during sessions. On rare occasions however, sessions may be interrupted if the clinician is called to respond to a crisis. If you must cancel a session, please contact your therapist 24 hours prior.

I have read the above, understand, and consent for treatment:

\_\_\_\_\_  
Client Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist

\_\_\_\_\_  
Date