

## *Addiction & Mental Health Counseling of San Diego*

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### **INFORMATION AND CONSENT FOR TREATMENT FORM**

The therapeutic relationship is unique in that it is highly personal and, at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work and what each of us can expect. Please feel free to discuss any of this with me. Therapy involves a partnership between therapist and client. There are no miracle cures. Or, at least, I haven't been able to find any. I cannot promise that your behavior or circumstance will change. I can promise to contribute knowledge, skills, and a willingness to work very hard with you and to do my best to understand and support you, as well as help you clarify what it is you want for yourself. The determination of success, however, will ultimately depend upon your commitment to your own personal growth and care.

**Confidentiality:** As your therapist, I am legally prohibited from revealing to another person that you are in therapy with me, nor can I reveal what you have said to me in any way that identifies you without your written permission. However, in the following instances, your right to confidentiality must be set aside as required by law and/or professional guidelines:

- A. Instances of actual or suspected physical or sexual abuse, emotional cruelty, or neglect of a child or an elder or dependent adult must be reported to the appropriate protective services.
- B. If I have a reason to believe that a client poses an unavoidable and imminent danger of violence to another person (or to another's property), I must warn whoever may be in danger, and I must notify the appropriate authorities.
- C. If a court has ordered your treatment with me, or if I am served with a subpoena. For example, in the context of a legal proceeding in which you raise your own psychological state as an issue, I am required to release information to the court, or may have to appear in court.
- D. Finally, if you as a client reveal a serious intent to harm yourself, I am ethically bound to do what I can to help you keep safe, which may involve notifying others who may be of help.

In all of the above cases, it is incumbent upon me to release only that information necessary to appropriately carry out my responsibilities – your confidentiality still remains an ethical priority. While it is my legal responsibility to report any of the above incidents, it is my ethical responsibility to help you through these stressful times.

Professional consultation is an important component of a healthy psychotherapy practice. As such, and in order to provide the best possible service, from time to time I will participate in clinical, ethical, and legal consultation with appropriate professionals. During these consultations, I will not reveal any personally identifying information.

**Sessions:** Your weekly appointment time is reserved for you. Therapy sessions are usually 50-60 minutes. Appointment cancellations must be made 24 hours in advance, otherwise, you are responsible for a \$100 late cancellation or no-show fee.

**Payment for Services:** You are expected to pay for services at the time of our session, unless we have agreed on other arrangements. If you request it, I will give you a monthly statement, which you can use to bill your insurance for reimbursement. We will agree upon a fee at the outset of treatment. My fees may change over the course of treatment.

**Telephone Accessibility:** I will attempt to return calls during business hours. Should you have a clinical emergency, you may need to call a suicide prevention line or go to an emergency room for evaluation. Telephone consultations will be pro-rated based on your hourly fee.

**Patient's Rights:** In addition to confidentiality, as spelled out above, you have the right to end your therapy at any time, for whatever reason, without any moral, legal, or financial obligations, except for fees already incurred. When it is time for you to end, I would appreciate your giving me at least two weeks notice. This way, we can help bring about better closure. You have the right to question any aspect of your treatment with me, and to expect that I will work with you to meet your needs. You also have the right to expect that I will maintain professional relational and ethical boundaries by not entering into other personal, financial, or professional relationships with you, all of which would greatly compromise our work together.

By signing below, you acknowledge that you have reviewed and fully understand the terms and conditions of this agreement, that you provide your consent to your participation in psychotherapy with me, and that I have answered any questions you might have to your satisfaction.

Sign: \_\_\_\_\_

Date: \_\_\_\_\_

Print: \_\_\_\_\_