



Informed Consent for Therapy Services- Adult

THERAPIST-CLIENT SERVICE AGREEMENT

Welcome to Resolve Counseling Center. This document contains important information about professional services and business policies. When you sign this document, it will also represent an agreement between us. We can discuss any questions you have when you sign them or at any time in the future.

THERAPEUTIC SERVICES

Therapy is a relationship between people that works in part because of clearly defined rights and responsibilities held by each person. As a client in therapy, you have certain rights and responsibilities that are important for you to understand. There are also legal limitations to those rights that you should know. Your therapist, has corresponding responsibilities to you. These rights and responsibilities are described in the following sections.

Therapy has both benefits and risks. Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness, because the therapy process often requires discussing the unpleasant aspects of your life. Therapy often leads to a significant reduction in feelings of distress, eventual increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress and resolutions to specific problems. But, there are no guarantees about what will happen. Therapy requires a very active effort on your part. In order to be most successful, you will have to work on things we discuss outside of sessions.

The first 2-4 sessions will involve a comprehensive discussion of the your current circumstances as well as the client's history and an evaluation of needs. With feedback from you, the therapist will offer initial impressions of what the therapeutic process might include and treatment goals will be discussed. Clients should evaluate this information and make their own assessment about the comfort level of working with Resolve Counseling Center. If clients have questions about procedures, they should be discussed as they arise. If doubts persist, it is important to consider working with a different therapist.

APPOINTMENTS

Appointments are typically 50 minutes in duration, once per week or bi-weekly, although some sessions may be longer if needed. If there is a need to cancel or reschedule a session, please provide 24 hours notice. If a session is missed without cancelling, or is cancelled with less than 24 hours notice, unless both therapist and client agree that the client was unable to attend due to circumstances beyond his/her control, the policy is as follows:



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1st appointment: No charge ~ 2nd appointment: 50% of fee ~ 3rd appointment: 100% of fee

In addition, clients are responsible for coming to sessions on time; if the client is late, the appointment will still need to end on time. By virtue of the sensitive nature of therapy, there may be times when therapy runs over by a few minutes. Please be patient in these situations. The therapist will come to the waiting area to get you to begin your session. The time with the therapist will not be shortened should this occur.

PROFESSIONAL FEES & INSURANCE

Resolve Counseling Center does not work with insurance companies but can provide clients with a superbill. All fees are the client's responsibility and payment is expected at the time of service or before if receiving on-line services.

RATES

Discounted rates are available in limited quantities based on prior discussion with therapist. These rates are extended only to clients who commit to weekly or bi-weekly sessions. If therapy sessions become infrequent regular rates will apply.

PROFESSIONAL RECORDS

Therapists are required to keep appropriate records of the therapeutic services. Your records are maintained in a secure location in the office. Records will be maintained for seven years after completion of therapeutic services. CONFIDENTIALITY

COMMUNICATION

Therapists are often not immediately available by telephone, text, or email. The phone/text/emails will not be answered if the therapist is with a client or otherwise unavailable. At these times, the client may leave a message on my confidential voice mail or text and the communication will be returned as soon as possible, but it may take a day or two for non-urgent matters. If, for any number of unforeseen reasons, the client does not hear from the therapist and cannot wait for a return call or if you are unable to keep yourself safe, call 911. Your therapist will make every attempt to inform you in advance of planned absences.

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OTHER RIGHTS

If the client is unhappy with what is happening in therapy, please speak with the therapist and your concerns will be compassionately and professionally addressed. All comments will be taken seriously and handled with respect. The client is free to end therapy at any time, however, at least one session is requested to facilitate a healthy termination of services. Clients have the right to considerate, safe and respectful care, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, or source of payment. Clients have the right to ask questions about any aspects of therapy and the therapist’s specific training and experience. Clients have the right to expect that the therapist will not have social or sexual relationships with current or former clients.

CONSENT TO THERAPY

Your signature below indicates that you have read this Agreement and agree to its terms.

Signature of Patient or Personal Representative

Signature of Patient or Personal Representative

Printed Name: Patient/Personal Representative

Printed Name: Patient/Personal Representative

Date

Date

Description of Personal Representative’s Authority