
1. Informed Consent for Psychotherapy

General Information

The therapeutic relationship is unique in that it is a 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. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

The Therapeutic Process

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. I cannot promise that your behavior or circumstance will change. I can promise to support you and do my very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

Time

Sessions are 50 minutes long, We need to end on time because other people are scheduled to use the room

Emergency Needs

Unless my voice mail states otherwise, I check my voice mail once a day. I am not an emergency mental health service, so if you need to speak with me or a mental health professional immediately and are unable to reach me, call 211, the Tampa Bay crisis hotline, text the crisis text line by texting "START" to 741-741, call 911, or go directly to your nearest emergency room. Vacations, holidays, etc. When I am out of town, or will be otherwise unavailable for a period of time other than a weekend or holiday, the expectation is that you will be able to leave a message and I will return your call upon returning to the office. In case of emergency, it is expected that you will use your judgment, and if necessary call 911 or go to the nearest emergency room.

Ending Therapy

Your participation in therapy is voluntary and you have the right to end therapy whenever you want. However, if you do decide to exercise this option, I encourage you to talk with me about the reason for your decision in a counseling session together. I ask that you allow for one final session for us to have an ending together, to review what we've done and to offer feedback to each other. Likewise, at my discretion, I reserve the right to end our therapy work together and provide you with some appropriate referrals, for reasons including, but not limited to, failure to participate in therapy, conflicts of interest, untimely payment of fees, or my belief that I may not be the best person for your needs.