



## INFORMED CONSENT AGREEMENT

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### **Informed Consent Agreement**

Prior to beginning a counseling relationship, it is important for you to familiarize yourself with my approach to treatment, your rights and responsibilities, and my office practices. You have received my Professional Disclosure Statement (PDS). The PDS identifies my credentials and your rights under Washington law with respect to counseling services you receive from me.

### **Negotiating and Facilitating Your Needs as Client**

It is important to me that you actively participate in the process of our engagement as client and therapist. I encourage you to be forthcoming with your needs of me in effectively facilitating your personal process. Some ideas, experiments and interventions I suggest many not resonate with your intuitive wisdom for yourself and, especially in these cases, I invite you to bring this incongruence to my attention. Having an open dialogue about the process of your therapy with me can be a major theme to your personal goals of therapy, so I will ask you to provide feedback about your feelings of progress in sessions. If you are curious about my therapeutic rationale, please feel invited to address this with me anytime. I welcome feedback and questions about my process. Healing is not linear, and when you are first starting to open up emotionally, it can reignite the feelings you had at one point learned to dismiss in order to move on with life. Often times, discussing long-standing, unresolved problems can seem to aggravate rather than help the problem. This often happens in the therapeutic process and these feelings are natural occurrences when you begin to open yourself up to healing.

### **Counseling and Treatment Alternatives**

Sometimes my clients present with concerns or problems that I am not able to help them with. If I feel that you would be better served with another provider or treatment, I will inform you at the earliest opportunity and assist you in finding services that are more appropriate. This could include referral to a medical doctor, another mental health provider, a hospital inpatient program or a substance abuse program. If at any time you have doubts about the appropriateness or effectiveness of your treatment with me, please discuss these doubts as soon as possible.

## **Legal Proceedings and Court Involvement**

If you are involved in or anticipate being involved in legal or court proceedings, please notify me as soon as possible. It is important for me to understand how, if at all, your involvement in legal proceedings might affect our work together. In the event you are seeing me because you have been asked to obtain an evaluation for a legal proceeding, it is important for you to know the difference between treatment and an evaluation, and that treatment is not a substitute for an evaluation. Treatment is also not an appropriate way to obtain evaluation results. If you need an evaluation, I will assist you to find a provider who offers this service.

If you are requesting either written or verbal testimony on your behalf pertaining to our treatment together, this can be arranged on a case by case basis only. Please inquire with me directly regarding specifics and/or any exclusions to this service. My rate for this service is \$350/hr.

## **Appointments and Cancellations**

All sessions are by appointment only- confirmed by phone/text/email.

In the event that you need to cancel an appointment, please do so at least 24 hours prior to our scheduled session. This helps me value and schedule my time in a way that best serves my own needs and that of my other clients. All sessions cancelled within the 24 hour window will be billed at full rate.

## **Session Length**

Individual Sessions: 50 Minutes

Couples Sessions: 75 Minutes

## **Emergencies**

If you feel that you are in immediate danger or might hurt yourself, please dial 911 or go to the nearest hospital emergency room.

## **Consent for Internet /Electronic/Phone Communication**

I am willing to communicate with clients via email and text with regard to various aspects of our work together. Internet and text communication can pose some confidentiality risks.

Skype/Video/Facetime Video and electronic communication is an emerging method for coaching and counseling and affords many opportunities for clients to access me outside of session, in their locale, and/or from the convenience of their own venue.

It is important to understand that, due to the use and nature of the internet, I cannot guarantee confidentiality for our phone, video and electronic communication.