

AMERICAN HEALTH NETWORK
ADULT CONSENT FOR TREATMENT AND INFORMATION SHEET

The decision to begin mental health treatment is one that may have important results for your life. Research has shown that individuals entering therapy achieve more favorable results when they have a good understanding of what to expect.

Risks/Benefits of Psychotherapy

Psychotherapy is an intensely personal process which can bring unpleasant memories or emotions to the surface. There are no guarantees that counseling will work for you. Clients can sometimes make improvements only to go backwards after a time. Progress may happen slowly. Psychotherapy requires a very active effort of your part. In order to be most successful, you will have to work on things we discuss outside of sessions.

There are many benefits to therapy. Psychotherapy can help you develop coping skills, make behavioral changes, reduce symptoms of mental health disorders, improve the quality of your life, learn to manage anger, learn to live in the present and many other advantages.

While you can expect benefits from this treatment, you fully understand that no particular outcome can be guaranteed.

Goals of Psychotherapy

There can be many goals for the psychotherapy relationship. Some of these will be long term goals such as improving the quality of your life, learning to live with mindfulness and self-actualization. Others may be more immediate goals such as decreasing anxiety and depression symptoms, developing healthy relationships, changing behavior or decreasing/ending drug use. Whatever the goals are for counseling, they will be set by the clients according to what they want to work on in psychotherapy. The counselor may make suggestions on how to reach that goal, but you decide where you want to go.

Individual sessions usually last 45-50 minutes (unless more or less time is scheduled and many insurances will not cover sessions exceeding this time without prior authorization) providing us with time to think about what you have said, make notes, and plan your services. Your first session will usually be devoted to assessing the type and extent of the problems and concerns you have and to plan your services.

Your therapist has responsibilities to ask questions about your history, your life situations, and your current distress. Your therapist also has a responsibility to be open with you and to provide direct information about your treatment.

Professional Fees

There are charges which are not covered by insurance for missed.

The policy for cancellations for therapy appointments is 24 hours prior notice to cancel the scheduled appointment. There are extenuating circumstances for this policy as situations arise. One option to keep in mind is Video/Teletherapy availability to avoid missing an appointment.

If you have missed more than **TWO** appointments, due to not showing up for a scheduled appointment, or not calling 24 hours prior to the appointment to cancel, the next appointment you schedule will be limited to 25 minutes in length. After **THREE** appointments of not calling at least 24 hours prior to cancellation you will be placed on a waiting list; when a cancellation arises, you will be contacted and offered a same day appointment at that time.

The client agrees that they are to contact their insurance company to confirm what their financial responsibilities for co-payments and deductibles are prior to making appointments with the counselor. The client agrees that they are aware of the number of sessions approved by their insurance. The client understands that they are financially responsible for treatment, including any fees not reimbursed by their health insurance.

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Confidentiality and Family or Marital Psychotherapy

The nature of Family or Marital Therapy makes it difficult to maintain confidentiality. If you choose to participate in Family or Marital Therapy, be aware that your counselor cannot guarantee that other family members will maintain your confidentiality. However, your counselor will make every effort to maintain your confidentiality by reminding family members frequently of the importance of keeping what is said confidential.

Confidentiality and Technology

Some clients may choose to use technology in their counseling sessions. This includes but is not limited to online counseling via Skype, telephone, email text or chat. Due to the nature of online counseling, there is always the possibility that unauthorized persons may attempt to discover your personal information. Your counselor will take every precaution to safeguard your information but cannot guarantee that unauthorized access to electronic communications could not occur. Please be advised to take precautions with regard to authorized and unauthorized access to any technology used in counseling sessions. Beware of any friends, family members, significant others or coworkers who may have access to your computer, phone, or other technology used in your counseling sessions.

The client understands that the counselor cannot provide emergency service. In the event of an emergency call 911, or go to the nearest Emergency Department.

The front desk can help with questions regarding scheduling and concerns.

In the chance that this agreement is broken by the client, Cindy holds the right to terminate services. Therapy will be available to you for 30 days following the date of the termination notification. This is to provide reasonable time to find another counselor.

By signing below, the client is indicating that they have read and understood this agreement, and that they give their consent for treatment.

Signature _____ Date: _____

Form is valid for one year unless specified by client