

COUNSELING CLIENT INFORMATION & CONSENT FOR COUNSELING SERVICES

I define mental health as the ability to be honest with self and others, to take responsibility for self and the tasks of life, to have a sense of humor and to engage in meaningful, satisfying relationships, work and social activities. I am willing to explore with you how your thoughts, emotions, behaviors, physiology and or spirit may be helping or harming your ability to achieve mental health. If there are any areas you do not wish to explore, please tell me and we will not discuss those areas. **YOU ARE IN CHARGE OF YOUR THERAPY. IT IS OKAY TO SAY "NO" TO ANY SUGGESTION AND TO ASK ME "WHY" I AM DOING WHAT I AM DOING.**

I am prepared to explore issues related to God, faith or spirituality from your perspective, but only if you request it. I am trained to reflect from *your* faith view, not my own.

I believe that a counseling relationship is collaborative. You and I will decide on mutually acceptable goals for therapy and work together to achieve them. We are both responsible for "the work" of therapy.

I am able to provide outpatient psychotherapy services and work with people who can be responsible for their part of our working relationship, take care of themselves between sessions and stay safe from harming themselves or others. I will make recommendations and refer to other professionals who can provide more intensive therapy for any person I perceive that may not take responsibility for her-/himself or who cannot remain safe between sessions. I believe your part of the working relationship is to set goals, make decisions about how you will live your life and solve your problems and take actions on your new decisions. You are also responsible for telling me what is helpful AND what is not helpful.

I do not believe I can help persons if certain conditions occur on a consistent basis. If these conditions occur, I will be unwilling to continue working with you and will make recommendations for other sources of help.

--The first condition is if you are prescribed medication by a physician and are not taking it as prescribed by that doctor, I will terminate professional responsibility for your care and make appropriate referrals.

--I am also unwilling to continue work with you if you are using drugs or alcohol in a way that I believe is harmful to you or others or that is impairing your progress in therapy. I am willing to work with you if I perceive you are taking responsibility for stopping harmful drug or alcohol use.

--If you arrive for a session under the influence of a non-medically prescribed, mind altering substance, I will not conduct a session with you on that day and will charge you for the session.

--If you choose to consistently not follow my recommendations that I deem essential for the maintenance of your mental health, I will notify you of my unwillingness to continue as your therapist and make appropriate referrals.

--I will not be able to help you if you are unwilling to keep yourself from self-harm or consistently act in violent ways toward persons or property.

--I will terminate our relationship if you consistently act in a disruptive, harassing or abusive manner to me, those around me in my place of business or toward any of my family or friends.

--If you consistently miss scheduled appointments, we will discuss your

continued commitment to therapy and I may recommend termination or referral to other sources of help.

After you have read this information, please ask me any questions you may have. Keep asking questions until you are satisfied you understand the answers.