

CCM Counseling, PLLC

CONSENT FOR TREATMENT

The decision to utilize counseling or psychotherapy or other related services is an important one which may have significant consequences. Research has shown that when individuals enter these types of services with a good understanding of what they are going to experience, they are more likely to see positive results. The following is provided to help you understand the services you are thinking of receiving, so that you can make an informed choice regarding your decision to receive those services.

I believe that as you have journeyed through your life, physical, emotional and spiritual experiences have helped shape you into the person you are today. I seek to identify the core issues that are underlying difficulties you are experiencing in psychological, relational and physical functioning. I believe by addressing the root cause of your challenges, I can facilitate true healing and help restore you to a state of joyful, vibrant living.

What is psychotherapy or counseling? Psychotherapy/therapy/counseling are tools that involve building a trusting relationship as well as:

- Promoting emotional healing;
- Developing strategies for handling problems of daily living;
- Experiencing a decrease in psychological symptoms;
- Encouraging healing and growth within relationships;
- Experiencing personal and spiritual growth

The relationship between you and I will be an evolving and collaborative process that requires work and commitment from both of us. Like any meaningful relationship, ours will be built over time and will grow and change. It is normal for it to take time for you and I to learn to trust one another. It is also normal for complex feelings to surface within our relationship. These may involve highs and lows, and may be confusing and unsettling at first, but they are a normal part of good therapy and can be the mark of incredibly powerful healing work. It is important that you let me know about any feelings or experiences that arise for you throughout the therapeutic process.

I promise to meet you where you are and provide a safe place for you to begin this journey. Our relationship is confidential and will be treated with the utmost respect honor. Typically, our sessions will be just you and me, but if there is a need to bring someone else in from your life at some point, we will discuss that.

Despite the feelings of closeness that we will experience throughout the course of therapy, I want you to know I am prohibited by my ethical codes to have personal or professional relationships of any nature with my clients. This is believed to be in your best interest as well as that of our therapeutic process.

Finally, I do not make custody, parenting, psychological or forensic evaluations a part of my practice, nor do I provide expert witness or testimony in court.

What benefits can I expect from psychotherapy or counseling? It is important to understand that psychotherapy is both an art and a science. While many people benefit from therapy, the results cannot be guaranteed. Whether or not a person benefits from counseling depends on many factors, including, for example: what are the issues that a prompted counseling; how long the individual has experienced these difficulties; how well the person functioned before the difficulties began; how much support is available from family and friends as the person utilizes therapy to make life changes; how motivated the person is to experience change; willingness to complete homework assignments and how well the individual makes use of the process of therapy to effectively

Research has shown that about two thirds of all clients show improvement during therapy. Those who show improvement may report an increase in their awareness and understanding of their feelings and thoughts, a decrease in psychological symptoms, an increased sense of well-being, and an increase in the quality of their relationships, to name some.

Healing is a journey and a process. It is one that you no longer have to tackle alone, but it is one that might take time. Treatment can last months or years depending on each person's difference and preferences. The more open you are to the healing process and that you take an active part in your own healing, the more successful your experience will be. This includes both time spent in session as well as the choices you make between sessions.

What are the possible side effects from psychotherapy or counseling? It is important that you know that there are possible risks associated with being involved in psychotherapy. Although therapy is unlikely to be harmful, it may stir up or make you aware of uncomfortable or painful thoughts or feelings. As this occurs, sometimes people report feeling worse before they feel better as they begin therapy. These periods are typically temporary. You also need to know that changes resulting from therapy, even positive changes, may adversely affect relationships with certain people in your life

If you have questions or concerns about your therapy, either as you begin the process or during the course of therapy, you are strongly encouraged to discuss your concerns. If you are not satisfied with my counseling style, you might consider seeking a second opinion regarding your situation or changing to a different therapist. Competent therapists recognize that they will be better able to serve the needs of some clients versus others. A good therapist will want to ensure that you are working with the therapist that is the best possible match for your needs.

What are alternative sources of help? It will help you to remember that other services may be important for you to consider in addition to or instead of psychotherapy or counseling. You are encouraged to work with your therapist to decide if it will be helpful for you to explore other options for your situation, such as psychotropic medication, books, changes in your job situation, self-help or support groups, vocational counseling, or legal assistance, to name just a few examples.

I acknowledge that I have received and read the above information. I acknowledge that I have had any questions about the above information answered to my satisfaction. I do hereby seek and consent to actively participate in my therapeutic process

I am aware that the practice of psychotherapy or counseling is not an exact science and so predictions of the effects, both positive and negative, are not precise or guaranteed. I acknowledge that no guarantees have been made to me regarding the results of treatment, including psychotherapy or counseling or other procedures provided by this counseling service. I am aware that I may terminate my treatment with this counseling service at any time without consequence, but that I will be responsible to pay for the services I have received. I am also aware that I have been promised a copy of this document, should I so desire.

Signed

Date

Please print your name