

Informed Consent for Psychotherapy

This form is required for your file

Introduction: A General Description of Psychotherapy, Risks, and Benefits

Psychotherapy is an intentional and goal-directed relationship with a professional therapist, and has been shown to be beneficial for individuals who fully engage in the process. Psychotherapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, and increased skills for managing stress and resolutions to specific problems; however, there are no guarantees that this will happen. The process of psychotherapy often involves discussing unpleasant aspects of your life, and you may, to some degree, experience uncomfortable or negative feelings. If you feel this, please let your therapist know.

Therapists and Therapeutic Approaches

Family Service Center (FSC) contracts with Licensed Clinical Social Workers (LCSW), Licensed Clinical Professional Counselors (LCPC), and Psychologists (PhD or PsyD). Our staff uses a variety of interventions from many different approaches, including, but not limited to, Cognitive-Behavioral Therapy (CBT), Interpersonal Therapy, EMDR, Internal Family Systems Therapy, Psycho-Education, Psychodynamic Therapy, Marital Therapy, Brief Therapy, Family Therapy, and Parent-Management Training. Please discuss with your therapist any questions you may have about his/her approach. If you are unhappy with the services you are receiving, you can contact the Executive Director, Dr. Renee Dominguez (847-920-5827), to share your comments or concerns.

Initial Assessment, Termination of Treatment, and Referral to Others

Your therapist will complete an initial evaluation that will involve getting to know you by gathering relevant information about your background and your presenting concerns. After gathering this information, your therapist will talk with you about treatment options. If your therapist believes s/he can be of assistance to you, s/he will recommend continuing to work together and will engage you in treatment planning. If your therapist believes that s/he is likely not going to be able to be helpful, s/he will refer you to other clinicians s/he thinks would be effective. If at any point, your therapist believes s/he is not effective in assisting you, your therapist is ethically obligated to terminate treatment and refer you to other providers. All clients have the right to terminate treatment at any time, for any reason. If you make this choice, your therapist will provide you with the names of other qualified professionals or will direct you back to your insurance carrier to identify other providers. Finally, if you disengage in the therapeutic process (i.e., fail to schedule or attend appointments; do not respond to your therapist's attempts to reach you), FSC reserves the right to close your file. At that time, you may be informed by mail that your file is closed.

Confidentiality

Information shared within the context of the therapeutic relationship will be held in confidence and will not be released without your written consent, except for professional consultation if needed and unless required by law. Your therapist is required to break confidentiality if s/he suspects child or elder abuse or neglect. Additionally, if there are threats of harm to self (i.e., suicide) or others (i.e., homicide), then your therapist is obligated to break confidentiality. If you are involved in court proceedings and a judge issues a court order for your records, FSC may be required to release this information. Information regarding treatment

and diagnosis will be provided to your insurance company if you are utilizing insurance. Lastly, if your therapist is a Licensed Professional Counselor, a Licensed Social Worker, a psychology graduate student, or a postdoctoral fellow, then it is important that you understand that s/he is working under the direct supervision of a Licensed Clinical Professional Counselor, Licensed Clinical Social Worker, or a Licensed Clinical Psychologist. The supervisor has responsibility for your clinical care, and as such, will have access to your file and will be discussing your clinical care regularly with your therapist. Should a break in confidentiality be needed at any time, your FSC therapist will make reasonable efforts to inform you of this as soon as s/he is able to do so.

FSC clinicians work toward engaging caregivers in the treatment of their children as much as possible when clinically indicated. Despite this overarching goal, legally, children who are 12 and older must consent for anyone to review any portion of their health record. A child 12 or older may object to his/her parent accessing his/her clinical record; however, parents do have a right to know their child's diagnosis, the dates, time, and duration of sessions, the types of treatment provided and the aftercare plan at the time of termination of services.

Client/Responsible Party Acknowledgement and Acceptance of Terms

I understand that this agreement is valid during the time that I am participating in services with FSC. I have read, understand, and agree with this document's content and have been offered a copy of the Informed Consent for Psychotherapy. I acknowledge that I have had an opportunity to have my questions answered prior to signing this consent and participating in services. I am aware that I can stop therapy at any time.

Signature of Client
(Required for clients 12 years old and older)

Date

Signature of Parent/Legal Guardian/Representative
(Required for clients 17 years old or younger)

Date

Witness

Date