



POSITIVE FRAME OF MIND
COUNSELING PLLC

PFOMC Informed Consent for Psychotherapy--K. Finn

General Information

The therapeutic relationship is unique in that it's highly personal and at the same, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by signing at the end of this document.

The Therapeutic Process

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety etc. There are no miracle cures. I cannot promise that your behavior or circumstance will change. I can promise to support you and do my very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

Confidentiality

The session content and all relevant materials to the client's treatment will be held confidential unless the client requests in writing to have all or portions of such content released to a specifically named person/persons. Limitations of such client held privilege of confidentiality exists and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts himself/herself in a manner which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If a therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional, sexual abuse of children under the ages of 18 years.
4. Suspicions as stated above in the case of an elderly or disabled person who may be subjected to these abuses.
5. Suspected neglect of the parties named in #3 and #4
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.
7. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.
8. The client is a non-emancipated minor--in which case the parents or guardians have the right to access the client's records.

