



# FACETS — OF THE — HEART COUNSELING

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## INFORMED CONSENT FOR PSYCHOTHERAPY

Welcome to therapy! I am looking forward to walking these next steps on your life's journey with you! Part of what makes therapy effective is the relationship we build together, however this relationship is unique in that it still is a contracted agreement between us. In this document, I will explain what that relationship looks like, so you know what to expect. I will also give you a little bit of information on the process of therapy. If you have any questions or concerns, please let me know.

### Therapeutic Process

In our first few meetings, I will get to know you and help you set some goals for what you would like to accomplish throughout the course of our work together. Sometimes, in order to accomplish those goals, we have to talk about things that are really hard. This doesn't always feel good, and sometimes, in the short term can increase feelings of fear, anxiety, or even depression as we work through these hard things, especially if we are working through traumatic things. Sometimes these things may make you feel like you may not want to come to therapy, and often, those are the times when a session can be the most helpful. It's also important to keep in mind, that therapy often takes time, and sometimes takes support from other providers as well, such as your doctor, or a medication prescriber. For a rare few people, talk therapy isn't as helpful at all, and that's ok too. Again, if you have any questions or concerns about any of this information, please feel free to reach out and ask any questions you may have. I am happy to answer them for you!

### Confidentiality and the Limits to Confidentiality

What happens in a therapy session stays in the therapy session, which means that what you tell me, or anything we create together during session (session content and materials) will be held confidential unless you request, in writing, to have any portion or all of that content released to a named person or persons of your choosing. There are limits to this confidentiality as designated by law, and I will explain those limitations in the list below.

1. If a client threatens or attempts to commit suicide or otherwise conducts themselves in a manner in which there is a substantial risk of incurring serious bodily harm or death.
2. If a client threatens grave bodily harm or death to another person.

3. If I, the therapist, have reasonable suspicion that a client or other named person is the perpetrator of, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18.
4. If I, the therapist, has reasonable suspicions as listed in number #3 of this list in the case of an elderly person or other vulnerable adult may be subjected to these abuses.
5. If I, the therapist, suspect neglect of children under 18, elderly persons or other vulnerable adults.
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 report to an attorney.

On occasion, I may consult with other therapists regarding your case. In these instances, I will not use your name or any other potentially identifying information about you. The purpose of this consultation is to improve my therapy and serve you as a client more effectively.

If, by chance we happen to see each other outside of session, I will not acknowledge you in order to protect your privacy. You are welcome to greet me briefly and I am happy to say hello, but out in public I will not engage in lengthy conversation, especially about topics covered in therapy sessions, again to protect your privacy.

### **Telehealth**

Currently, I am accepting clients via Telehealth, with limited office hours. Upon scheduling your first appointment with me, you will be sent a link via email to access documents online through SimplePractice. I have a dedicated space to ensure that your privacy during session is respected, however you are responsible for ensuring that you have a private space on your end during sessions. For telehealth sessions, I utilized HIPPA compliant SimplePractice. Immediately prior to session, you will be sent a link to our secure session via secure email. If you are using a computer, you may click directly on this link for your session. If you are on a phone or some tablets, you may be required to download the SimplePractice app that is available at no cost on both Android and iOs operating systems. If you have any questions or concerns or difficulty with this process, please let me know and I can help you out.

BY SIGNING BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.