



## CASCADE COUNSELING AND CONSULTING, LLC

### INFORMED CONSENT FOR PSYCHOTHERAPY

#### General Information

The therapeutic relationship is both personal and professional, based on a mutual agreement. Because of this, it's important for you and your therapist to have a clear understanding of how the relationship will work and what both parties can expect. This consent provides a framework for the work that will be done. Please feel free to ask questions or discuss any part of this with your therapist. After reviewing this information, indicate your agreement by checking the box at the end of this document.

#### The Therapeutic Process

By deciding to seek therapy, you've already taken a positive step toward growth and healing. The success of therapy depends largely on your willingness to engage in the process, which may sometimes lead to discomfort. Reflecting on difficult experiences and becoming aware of associated emotions can bring up strong feelings like anger, sadness, or anxiety. While therapy doesn't offer instant solutions or guarantees of change, we are committed to supporting you, helping you recognize patterns, and working with you to clarify your goals. Together with your therapist, you will work toward what 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 exist and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts himself/herself in a manner in 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 the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #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.

Occasionally your therapist may need to consult with other professionals, seek supervision or consult with an expert in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

Although our community can often feel like a “big city”, it may also happen that you see your therapist in the community. We will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to us, and we do not wish to jeopardize your privacy. However, if you acknowledge your therapist first, they will acknowledge you or say “hello” and continue about their day. They will not engage in conversation outside the scope of therapy.

### **Discontinuing Services**

In the event that you are unsatisfied with the services you are receiving, we encourage all clients to discuss their concerns with their individual therapist, the Clinical Director and/or participate in the grievance process. You have the right to discontinue counseling and/or withdraw from services at any time. It is recommended to have a final/closing session with your therapist to determine the need for additional resources, referrals and to wrap up the work that you have done. Upon request, Cascade Counseling and Consulting will offer care coordination and referrals to other providers as needed.

## **ABOUT OUR CLINIC**

### **Cascade Counseling and Consulting, LLC**

Cascade Counseling and Consulting holds a Certificate of Approval (COA) from the Oregon Health Authority and serves clients throughout Oregon, priding ourselves on our outstanding comprehensive, inclusive, and specialized services. We know that everyone and everything we've experienced help shape who we are. We are a team committed to social justice, equality and inclusion and welcome **ALL people** to our practice. Our team stands with *LGBTQIA+*, *BLM* and *persons of color*. We support individuals, families and couples in ways that affirm your beliefs and values, shared experiences and our community.

### **Specialty Services**

We have clinicians who are experienced providing counseling and coaching to children, teens and adults, including:

- ADHD Symptoms
- Anxiety
- Assessment and Diagnostic Consultation
- Behavioral Issues
- BIPOC and bilingual clients
- Child, adolescent and family therapy
- Depression
- Gender-affirming care (including assessments and letters for care)
- Grief & Loss
- Parenting, Step-Parenting & Family Dynamics
- Postpartum Depression and Anxiety
- Post divorce/separation and parental reunification
- Substance use disorders (SUD) and co-occurring conditions
- Trauma and Domestic Violence
- Veterans

All clinicians have the education, certification and/or licensure to practice in the state of Oregon. All student interns and associate clinicians are working under the direct supervision of Megan Geary, LCSW (OBLSW #L7636) and/or Maria Makowski, LCSW (OBLSW # L11185).