**The Therapeutic Process**

The process of counseling is one in which there are benefits as well as risks. It is a process which requires hard work by the person entering into it. This hard work is facilitated by the therapist, and a working relationship is developed. Working to achieve the benefits of counseling will require that genuine efforts be made to share and process information, change or try certain behaviors, or learn and utilize new skills.

Sometimes these efforts may cause one to experience a significant degree of discomfort. Remembering and therapeutically resolving unpleasant events can arouse intense feelings of fear, anger, depression, frustration and the like. Focusing on distressing behaviors that are difficult to change may be uncomfortable. Actual change in behaviors or ways of living can result in negative reactions from significant others or unintended reactions from others. In some cases, one **may** see behaviors or emotional reactions become worse before becoming better.

The benefits are many. One major benefit is a better ability to handle or cope with familial or other interpersonal relationships. One may gain a better ability to cope with intense feelings or reactions to events and learn how to better communicate with others. Parents may gain parenting strategies or insight into their child’s problems. Children may learn to cope better with various difficult life situations, therefore assisting in a more healthy development. Another possible benefit may be a greater understanding of personal goals and values; this can lead to greater emotional maturity and happiness as an individual and/or unit.

In the State of Tennessee, Licensed Professional Counselors with Mental Health Service Provider designation may practice within this scope:

* Facilitate human development and adjustment throughout the life span;
* Prevent, diagnose and treat mental, emotional and/or behavioral disorders and associated disorders which interfere with mental health;
* Conduct assessments and diagnoses for the purpose of establishing treatment goals and objectives; and
* Plan, implement, and evaluate treatment plans using counseling treatment interventions. “Counseling treatment interventions” means the application of cognitive, affective behavioral and systemic counseling strategies which include principles of development, wellness, and pathology.

I have read this, agree to and understand the therapeutic process.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Therapist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_