

Better Days Ahead LLC

A Psychoeducational Support Group for Women

Informed Consent for Psychoeducational Group

Unleashing Your Power — Moving Through the Trauma of Partner Betrayal

Protecting the Confidentiality of Other Attendees

With full understanding of the need for confidentiality (that is, privacy) for all attendees, you accept the following rules: (1) You will not disclose personal information about other attendees to anyone; (2) other information (such as phone numbers) can be exchanged between attendees only on a person-to-person basis; (3) any activity between attendees outside of the psychoeducational group experience is solely based on the choice of these attendees and is not the responsibility of the facilitator.

You understand that you cannot be absolutely certain that other attendees will always keep what you say in the sessions confidential, even though every attendee has agreed to secrecy. The other attendees do not serve in the role of licensed clinical social worker/facilitator and are therefore not obligated to maintain the same ethics and laws that the facilitator must work under.

However, there are some exceptions where a licensed clinical social worker may be permitted, or is required, to disclose confidential client information without the client's consent or authorization:

1. If I have reasonable cause to believe, based on a client's communication, that a child under 18 years old is suffering from physical or emotional injury causing harm or substantial risk of harm, the law requires that I file a report with Child Protective Services.
2. If I have reason to believe an elderly or handicapped individual is suffering from abuse or maltreatment, the law requires that I file a report with a law agency and/or the State Department of Social Services.
3. If a client communicates an immediate threat (i.e., with clear intentionality of harm or a plan to harm) of serious physical harm to an identifiable victim, I may be required to take protective actions. These actions may include notifying the potential victim, contacting the police, and/or seeking hospitalization for the patient.
4. If a client threatens to harm himself/herself (i.e., communicates intent and/or a plan for suicide), I am required to notify legal authorities and make reasonable attempts to notify the client's family members or others who can help provide protection.

Fee for Service

Payment is due at the beginning of each session. I accept payment by Ivy Pay, which is HIPAA compliant and allows me to charge the credit card \$60 the day of the group, or you can receive a 10% discount if you pay the total of \$720 in full. Once signed up for the group, you are responsible for the entire payment regardless of attendance.

Psychoeducation vs. Psychotherapy

This section explains the difference between the two. I will serve as the facilitator and present to the attendees coping skills and review each chapter of the book. If issues arise that are not suitable for this educational experience, you may benefit from formal psychotherapy, and you agree to consult with me and/or another mental health professional to obtain referral information. You understand that you may obtain formal psychotherapy services, and that these services are entirely distinct and separate from the group.

Risk of Psychoeducation

Participating in a psychoeducational group experience can have benefits and risks. Psychoeducation has been shown to have many benefits, including the experience of insight, increased understanding, and positive feelings. However, since psychoeducation may involve discussing many parts of your life, including, at times, unpleasant aspects, you may also experience uncomfortable feelings. You should be aware that psychoeducation may or may not lead to direct improvements in your life. In this case, please reach out to me to discuss individual therapy or referral to a CSAT (Certified Sex Addiction Therapist).

Declaration

As an attendee, I declare that I have read and agree to abide by this Informed Consent.

Attendee's Printed Name

Attendee's Signature

Date