

## **Informed Consent**

I \_\_\_\_\_, understand and agree to the following parameters regarding my participation in counseling.

- 1.) · I have the right as a client to express my needs and wants, concerns and objectives in regards to my treatment and will participate openly and honestly to obtain therapeutic benefits.
  - I understand that individual, family or other treatment members may be recommended to participate in the counseling process to promote optimal treatment outcomes.
  - I will make every effort to be open, honest and respectful to myself and others involved in the treatment and will respect the confidentiality of everyone involved by allowing conversations and information revealed in the session/s to be kept confidential.
  - I understand that during treatment, self-exploration may result in experiencing a range of emotions but may be necessary to obtain insight, motivation for change, healing and problem solving to obtain treatment objectives.
  - I understand that if I feel my treatment has been completed or need to make changes to obtain my treatment goals or if my counselor recommends treatment changes or termination the process will be discussed between the client/s and counselor and a decision and plan will be determined.
  
- 2.) · I understand that the information provided in treatment is kept confidential unless I provide a written release for my records and information to be released except in regards to confidentiality limitations which include;  
Legal limitations: suspected abuse or neglect or regarding treatment of minor limitations.
  - If concerns of suicide or patient being a risk for danger to others occur and I agree to let my counselor contact my family regarding concerns of safety to receive appropriate support and help.
  - If records are court ordered, subpoenaed or if I am petitioned for court ordered treatment.
  - Court referral or child custody cases referred by agency or court have limited confidentiality as reports and information are required by the referral agency.