

# Informed Consent for Psychotherapy

Námasté Mental Health Therapy LLC

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**General Information** The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Please feel welcome to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

**The Therapeutic Process** You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. I cannot promise that your behavior(s) or circumstance(s) will change. I can promise to support you and do my very best to understand you; your biological, psychological, and social patterns; as well as to help you clarify what it is that 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 themselves 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 I may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

If we see each other accidentally outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

#### About the therapist

Keenan was born in Council Bluffs, IA and grew up in Omaha, NE. He attended St. Roberts grade school and Skutt Catholic High School ('04). After high school, Keenan graduated with a Bachelors of Arts in Biology ('09) from the University of Nebraska - Omaha, and completed one year of Master's level work in Elementary Education and Teaching at Oregon State University ('10). After returning to Omaha, Keenan completed a Master of Science in Community Counseling at the University of Nebraska - Omaha ('13) and a doctoral degree in Health Promotion & Disease Prevention in the University of Nebraska Medical Center's College of Public Health ('22).

Keenan cares deeply about the health of the greater Omaha community and strongly supports education as a community intervention towards improving the public good. From early childhood to old age, Keenan supports the idea that we can all choose to be "lifelong learners" and believes the following qualities matter to create an equitable, thriving community: healthy attachment, honesty, humility, gratitude, forgiveness, perseverance, creativity, and respect for others' beliefs and cultures.

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