



# Treatment Agreement

*Successful work together requires active participation inside and outside of the sessions*

## What we will do:

- Discuss the challenges that have brought you into treatment.
- Agree on priorities for our work together.
- Check in regularly to be sure we are on course. This may include updating our goals.
- Achieve new behaviors and better relationships. This requires spending time outside of the sessions learning about and developing new strategies for living. After all, "changes and choices" are designed to improve the other 167 hours of the week; not just our session!

## What I will do:

- Provide a safe environment in the office and will continue that commitment by being on call to you in emergencies. You have my phone number and calls under 10 minutes will not have a charge associated with them. Also, sessions in between scheduled appointments can be arranged. If I am not available, Dial Help has a crisis line available between 5PM and 8AM at 800-562-7622.
- Provide information to your medical providers and other parties at your request. This will require a specific release of information signed by you.
- Work with you to provide information to your insurance company if you request that if I do not keep a scheduled appointment as arranged, except in an emergency or illness with the goal of 24-hour notice, I will provide the next session for no fee.

## What you will do:

- Keep me informed of any health issues you are dealing with; physical, emotional, and mental health are all intimately connected.
- Share concerns or questions you have about your treatment plan and my interactions with you. Sharing doubts about progress or our compatibility will help us move forward or recognize a need to change directions.
- Keep scheduled appointments and pay at each session unless we have made other arrangements. If you do not keep a scheduled appointment and have not cancelled 24 hours ahead of time, except in an emergency or illness, you will be charged for the session.

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Signature

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Date

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Lucy Wilcox, MS, MFT

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Date