



TANYA JOY WIELAND
L C S W

Consent for Treatment – Intensive Retreat

Client Name(s): _____

Dates of Intensive: _____

Location: _____

Welcome

I'm so glad you've chosen to take part in this two-day Intensive. This experience is designed to help you take a deeper look at your emotional, relational, and mental health. We'll create space for you to slow down, reflect, and connect—with yourself, with each other (if applicable), and with what's most important.

This work includes experiential activities, therapeutic tools, and plenty of time for meaningful exploration.

What to Expect

This Intensive is a focused, private experience held at a retreat cabin that I've rented specifically for our time together. We'll meet for extended sessions over two days. The work we'll do is deep and can sometimes bring up emotions or past experiences that feel intense. That's part of the process, and we'll go at a pace that feels respectful and supportive.

This experience is not a substitute for ongoing therapy—it's meant to be a powerful addition to the work you may already be doing, or a meaningful jumpstart to new growth.

Confidentiality

What you share with me stays private. I take confidentiality seriously and will protect your information as required by law. The only times I may need to break confidentiality are if:

- I believe you are at risk of harming yourself or someone else
- There's suspected abuse or neglect of a child or vulnerable adult
- I'm required to comply with a court order

Otherwise, your story is yours to share—not mine.

Emotional Safety

You are in charge of your experience. While I'll guide and support you through the process, you are always welcome to speak up, take a break, or pass on something that doesn't feel right in the moment. This is your time.

It's also important to know that emotional discomfort may come up—and that doesn't mean something is wrong. Sometimes growth comes through leaning into hard but honest places. We'll move through it together.

Health and Emergency Info

I trust that you're physically and emotionally able to take part in this kind of work. If something comes up that needs medical or emergency attention, we'll pause and get you the help you need. I'm a licensed therapist, but I'm not a medical doctor or crisis provider, so this retreat is not appropriate for those in acute crisis or needing a higher level of care.

Payment & Cancellation

Payment for the Intensive is due prior to the first day of the Intensive. Payment for the retreat center is due at the time of departure from the Intensive.

Final Thoughts

I'm honored to walk with you in this work. By signing below, you're letting me know that you understand what the Intensive involves, and you're choosing to participate with full awareness and consent.

Participant Signature(s):

_____ Date: _____

_____ Date: _____

Facilitator Signature:

_____ Date: _____

Tanya Wieland, LPC