



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

954-993-1646

hello@BlueCouchTherapy.co

BlueCouchTherapy.co

Exhibit F

Your Therapy Journey- What to Expect

Therapy can lead to improved relationships, effective solutions to specific challenges, and a significant reduction in emotional distress. However, it's important to understand that outcomes may vary, and no specific results can be guaranteed.

Your Therapy Journey

- After signing consents, the therapeutic process begins with a comprehensive assessment to better understand you and your needs/goals.
- Following the assessment/initial session, **weekly therapy** sessions will be scheduled—each lasting approximately 50 minutes.
- Every three months**, we will conduct a treatment plan review to evaluate your progress toward the goals established in therapy. During this review, we will determine whether adjustments are needed to your goals to help you continue making meaningful progress.
- At the six-month mark**, we will complete another treatment plan review. At this point, we will discuss whether it is appropriate to conclude services due to goal completion or to continue therapy to allow more time to meet your goals.
- Once your goals have been met, therapy will be considered complete—unless you choose to pursue new goals at that time- and will be **discharged from services**.

Confidentiality & Mandated Reporting

All information shared in therapy is kept confidential, with the following exceptions:

- If there is reason to believe you may harm yourself or others
- In cases of suspected abuse or neglect of a child, elder, or dependent adult (as required by law)
- If you provide written consent for the release of information

We are committed to providing a safe, supportive, and respectful therapeutic environment throughout your journey!

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