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Service Consent for Adults

Psychotherapy has both benefits and risks. Because the process of counseling often requires discussing the unpleasant aspects of your life some risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness. However, counseling has been shown to have benefits for individuals who undertake it. Therapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress and resolutions to specific problems. But, there are no guarantees about what will happen.

Counseling requires a very active effort on your part. In order to be most successful, you will have to work on things we discuss outside of sessions. The outcome of counseling is often positive; however, the level of satisfaction for any individual is not predictable. I will be available to support you throughout your counseling process.

You should be aware that most insurance companies require you to authorize me to provide them with a clinical diagnosis. (Diagnoses are technical terms that describe the nature of your problems and whether they are short-term or long-term problems.) Sometimes I have to provide additional clinical information such as treatment plans / goals or summaries in order to obtain more sessions. This information will become part of the insurance company files. Though all insurance companies claim to keep such information confidential, I have no control over what they do with it once it is in their hands. In addition, if you plan to use your insurance, authorization from the insurance company may be required before they will cover therapy fees. *If you do not obtain authorization and it is required, you will be responsible for full payment of the fee.* Please note that you always have the right to pay for my services yourself to avoid the statements described above.

If you have any questions about the above information please speak with me.