

CLIENT RIGHTS:

You are encouraged to ask questions at any time. You may refuse any therapeutic or diagnostic procedure. You will be provided with a safe therapeutic environment, free from abuse and nonprofessional conduct. Confidentiality of the material discussed in your sessions is assured, except for in the following situations:

- When it is legally mandated.
- If I judge that you, as a client, have any intention to harm yourself and/or another person or commit a felony.
- In the reporting of any incidence of suspected child and/or elder abuse, neglect or molestation, as well as domestic violence.
- In legal cases where I, or my records, may be subpoenaed by the court
- If you file a worker's compensation claim, I may be required to give your mental health information to relevant parties and officials.
- Discussion of cases in ongoing professional supervision.
- For those of you using your out-of-network benefits, PLEASE NOTE: It is important that you be aware that if you utilize your insurance benefits, the insurance company WILL REQUIRE a mental illness diagnosis before reimbursing you. They may also require some type of access to your records, an ongoing treatment plan or other information that must be provided by me in order for you to receive your benefit. I cannot guarantee confidentiality of information after it is sent to insurance or managed care companies.

CLIENT RESPONSIBILITIES:

The following are responsibilities that are associated with more effective and much shorter therapy:

- The willingness to identify your struggles and try new coping skills.
- The willingness to talk about your feelings and not to act on them.
- The willingness to attend regularly scheduled sessions, arriving punctually, preparing to work hard in session and completing the necessary homework assignments.
- The willingness to look for support outside of therapy.
- The willingness to build a therapeutic relationship.
- The willingness to welcome change in your life.
- Most importantly, the willingness to find your silver lining!

Signed: _____ Date: _____