

## MBT LLC - INFORMED CONSENT FOR COUNSELING

### *THE PROCESS OF COUNSELING/EVALUATION AND SCOPE OF PRACTICE:*

Therapy is a process; a working partnership develops between client and therapist. Therapy is not always comfortable or straightforward and difficult emotions and ways of being often have to be spoken about in order for change to happen. Clients should feel comfortable with their therapist, and be able to speak about anything that comes to mind for this process. There are risks and benefits associated with counseling. *Risks:* at times you may feel worse before you feel better. With growth, clients often evaluate their current relationships. Due to this, some clients end friendships and romantic partnerships they no longer believe are beneficial to them. *Benefits:* The potential for mental, emotional, spiritual and physical wellness associated with counseling can be reflective. While results will vary, most clients who successfully complete counseling account a reduction in their presenting issue, an improved sense of ability to cope with stress and a more positive outlook for their future.

*TREATMENT PLANS:* After the Assessment, your therapist will discuss with you a working understanding of the issues you face, your therapeutic objective(s), a treatment plan, and his/her view of the possible outcomes. If you have any questions about any of the procedures used during this counseling process or about your treatment plan, please have the therapist explain it to you.

*TERMINATION:* After your Intake, the therapist will assess if s/he can be of benefit to you. Your therapist will not continue this process with clients who, in their professional opinion, they cannot assist. If at any point during counseling, your therapist perceives that counseling is not going to be effective for you, they will terminate counseling. If your therapist terminates counseling, they will provide you with many referrals that may be of help to you. You have the right to terminate counseling at any time in writing.

*DUAL RELATIONSHIPS:* Dual relationships exist when a counselor interacts with a client in any capacity beyond their role as counselor, for example, also being the client's friend, business associate, or the teacher of the client's child. Your therapist will not accept you as a client if s/he feels a significant dual relationship exists. It is important to realize that not all dual relationships are unethical or avoidable. Counseling never involves any dual relationship that impairs the counselor's objectivity, clinical judgment, or that can be exploitative. In some areas, dual relationships may be unavoidable. Your therapist will never publicly acknowledge working with you without your written permission. It is your responsibility to advise your therapist if a dual relationship exists or arises that may become uncomfortable for you in any way. Your therapist will always listen and respond to your feedback, and will discontinue the dual relationship if you find it is interfering, or may interfere, with the effectiveness of your counseling or your welfare.

*SOCIAL NETWORKING AND INTERNET SEARCHES:* Your therapist will not accept friend requests from current clients on social networking sites (Facebook, Instagram, etc). That would violate professional standards of ethical behavior for counselors and potentially compromise your confidentiality. Please communicate with them only via counselor provided contact information.

*CONFIDENTIALITY:* Everything you say in these sessions and the written notes your therapist takes are confidential and may not be released to anyone without your written permission, except where disclosure is required by law. Exceptions to Confidentiality:

- 1) If you threaten to harm yourself or another person, we are legally and ethically required to take action to protect the safety of the threatened person. Actions could include: Informing the intended victim, arranging for hospitalization for you and/or your child, notifying family or support systems, and/or alerting law enforcement.
- 2) If abuse or neglect of a child, elder, or disabled person is known or suspected, your therapist is required by Florida law to report those concerns to the Department of Children and Families.

3) If your therapist receives a legally binding Court Order from a Judge for your counseling records or for her deposition or court testimony, she would be required by law to comply.

*EMERGENCIES OR CRISES:* Your therapist checks email and voicemail daily, including weekends and holidays. They will return your call at their earliest opportunity. If you are unable to reach them, or if you have a life-threatening emergency, call 911 immediately, or go to a hospital emergency room. Your safety and well-being is of primary concern.

**LICENSING AND ETHICAL INFORMATION:** Your therapist is a licensed or registered mental health professional in the State of Florida. Any complaint or questions about their counseling services that cannot be resolved face to face should be directed to the State of Florida - Department of Health.

I have read and understand all the information contained on this form and voluntarily agree to participate in counseling and/or consent to the participation of my child in counseling.

Printed Name (first and last) \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Printed Name (first and last) \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_