



CLIENT-CENTERED COUNSELING ASSOCIATES, INC.

## Information for Clients & Informed Consent Form

### About Psychotherapy

There are literally hundreds of theoretical approaches in psychology. And oft times, therapists integrate several theories in their approach. I work as a Client-Centered or Person-Centered therapist. I believe that each person has within him/herself vast resources for self-understanding, self-development and personal growth. Each person has the capacity to alter self-concepts, basic attitudes and self-directed behaviors. If I can provide a facilitative relationship with certain definable psychological attitudes the person can tap into these resources. I find this approach to be effective for individuals of all ages, for couples and families.

It has been my experience that you will be able to tell fairly quickly whether or not working with me is beneficial to you. If my style or approach is not a good fit for you please let me know and I can refer you to someone who might better suited to meet your needs.

### Length of Therapy

The frequency of visits and length of therapy tend to vary from person to person and depend on a number of factors. I have worked with people who like to meet weekly, every other week, monthly. In some situations, people chose to meet twice a week for short periods of time. Some people have met weekly for a while and then cut back. Others began meeting once per month and increased the frequency of the visits. Some people choose to come for only 3 or 4 visits and others stay on for a year or more. I believe this is a personal decision and each individual will use my services based on their unique situation and circumstances.

### Consultations

It is possible that you may be interested in receiving some type of services that I do not provide. For example, you might be interested in meeting with a psychiatrist to possibly obtain a prescription for psychiatric medication. I would be happy to share any information regarding the benefits and risks of other services along with referrals that are known to me.

As a responsible person and ethical therapist, I cannot continue to work with you if my services are not beneficial to you. If this is the case, I would recommend that you see another therapist. If you wish to speak with another therapist for any reason, I respect your right to do so and would be happy to provide referrals if you so choose.

### What to Expect from Our Relationship

I will use my best knowledge and skills to provide you with a therapeutic relationship that you can use in your best interests. As a psychologist, I am obligated to follow the standards set by the American Psychological Association (APA) and the statutes and laws set forth by the State of Illinois. These two entities (APA & State of Illinois) place limits upon the relationship between us and I am responsible for maintaining these limits.

First, I am trained and licensed to practice psychology—not law, medicine, finance or some other profession. And so I am not able to give you sound advise from these other viewpoints.

Second, I am required to keep what you tell us confidential, that is, private, except in certain limited situations that are outlined in the separate handout on Confidentiality. Here I want to explain that we try not to reveal who my clients are. This is part of my effort to maintain your privacy. If we meet out in public or socially we might seem reserved or standoffish. My behavior will not be a personal reaction to you, but a way to maintain the confidentiality of the relationship.

Third, the role of therapist precludes us from having a romantic or sexual relationship with any client during, or after the course of therapy. The role of therapist makes it difficult, if not in some cases impossible, to engage in a business relationship with clients other than the therapy relationship.

### **Concerning Appointments**

I view our appointments as an agreement to meet on a specified date and time for an hour (60 minutes). Due to the scheduling of other appointments, it is difficult to extend the session, or make allowances for running late. Please know that we will try to make accommodations whenever possible.

I know that people sometimes must cancel appointments. I hope that you will give us as much notice as possible on the cancellation so that we can plan and adjust our schedule. If you do not call or show up for an appointment it becomes a cause for concern on our part. I worry that something might have happened to you, and lose an opportunity to meet with a client. Please call me so that we know what is going on if possible.

### **Payment Policies**

I accept cash, check or credit or debit card payments. Fees and co-payments are due at the end of each appointment. If you expect another payer (e.g. insurance, Medicare) to pay for a portion of your appointment, it is your responsibility to ensure that the third party payer covers that payment portion. If you would like a receipt, please let me know. We provide receipts for payments on a monthly basis.

### **Contacting Me**

Please contact me via my office phone number. I check my messages at least once every 24 hours and will return your calls as soon as possible. I generally return messages daily except Saturdays, Sundays and holidays. If you are in an emergency situation I recommend you go to the nearest emergency room at a hospital or call 911. This is because I am not always immediately available by phone.

### **Contacting You**

I will use the phone number that you provide to me if I need to contact you. Preferably, this phone number will be a direct line that only you are able to retrieve messages and answer for confidentiality reasons. In case of an emergency in our work we request an emergency contact person. This is optional.

### **Other Questions**

You may have questions regarding therapy or my services now or in the future. Please feel free to ask questions at any time.