

Rio Rancho Family Counseling Center

333 RIO RANCHO DR NE, STE 200 RIO RANCHO, NEW MEXICO 87124
505 814 1460

Agreement to Participate in Psychotherapy

While psychotherapy can be beneficial to most people who actively seek out and participate in this type of treatment, it does not carry with it a guarantee that all of your objectives will be met. The chances for success are improved, however, with active participation in all sessions. This means regular attendance. It also means that you, the Client, are part of the planning team which decides those issues to be dealt with.

In delving into your issues or problems, there may be times when discussion and exploration become embarrassing or even painful. Rest assured that I will do my level best to ease any discomfort. Furthermore, I will accept any decision of yours to temporarily set aside a painful discussion for a later session.

The scope of confidentiality extends over a wide area. I am bound by a code of ethics not to share anything from our sessions or telephone conversations with anyone without your signed approval in advance. I cannot acknowledge or deny to anyone that you are or have been my client without your written permission. A quasi-exception to this may occur when I seek third party collaboration with specially trained consultants (called "Supervisors" in the psychotherapy profession) or the Yale Study Group on Trauma and Dissociation of which I am a member. In such cases, your confidentiality will be protected by my obscuring your identity, and by the high ethical standards of these widely respected professionals.

Your sessions will be fifty minutes in length. We will start to "tie the loose ends together" at forty five minutes by summarizing what we have just covered, collecting payment, and confirming your next appointment.

If you must cancel or reschedule, please do so at least 24 hours prior to your appointment so as to avoid a charge of your agreed-upon fee for the missed session, which will be due prior to your next appointment, or within seven days, whichever ever comes first. It is recommended that you reschedule within the same week of your cancellation in order to maintain your momentum.

Therapy sessions are typically scheduled on a weekly basis. If you cancel a session, that does not mean you have cancelled all subsequent sessions, unless you tell me it does. I will continue to hold your pre-established day and time. Please advise me if you wish to take a break from therapy, or to terminate completely, so that I may offer your time slot to another client.

Although cancellations due to illness or sudden, unforeseen scheduling problems will occur, you should reschedule as soon as possible so as to maintain that agreed-upon frequency. Frequency of treatment should be adhered to as agreed between us, in order to maintain the momentum toward reaching your goal(s). If your personal or work schedule makes a regular session date inconvenient, please discuss this with me and I will do my best to be flexible. Changing a prescribed frequency without discussion, however, can weaken the effectiveness of your therapy.

Termination, or conclusion of your therapy, is a process which may take one or more sessions. In this stage, we review your achievements and put into perspective all that you have accomplished. It is important not to short-change yourself by simply stopping attendance.

In confirmation of your understanding and acceptance of these guidelines, and of receipt of a copy of this agreement, please sign and date in the spaces below.

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Client

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Date

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Client 16 years or older

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Date

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Parent or Guardian

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Date