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Informed Consent

Welcome to my office. This document contains important information about my professional services and business policies. Please read it carefully and let me know if you have any questions. Once you sign the acknowledgement of receipt of this document, it will constitute a binding agreement between us.

I have an ethical obligation to help you make an informed choice in seeking treatment to address your concerns. If you have questions about my procedures, we should discuss them whenever they arise. Psychotherapy is not easily described in general statements. It varies depending on the personality of both the therapist and the client and the particular problems, which the client brings to therapy. Psychotherapy is not like visiting a medical doctor, in that psychotherapy requires a very active effort on your part. In order to be most successful, you will have to work on the things we talk about both during our sessions and at home.

Our first few sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some initial impressions of what our work will include. You should also make your own assessment about whether you feel comfortable working with me. If your challenges lie beyond the limits of my expertise, or if you wish to seek help elsewhere, I will be happy to assist you in identifying another professional

The possible benefits of participating in therapy may include, but are not limited to:

- A better ability to handle or cope with marital, family, and other interpersonal issues.
- Increased understanding of family and personal goals and values.
- A deepening of connections in your relationships.
- A healing of emotional wounds inflicted, past or present.
- Greater happiness as an individual and increased relational harmony.
- Resolution of specific concerns brought to therapy.

The possible risks of treatment may include, but are not limited to:

- No guarantee as to therapy outcome. Some people experience no improvement in their situation; a few may even think things are worse after treatment.
- The experiencing of intense and uncomfortable feelings as unpleasant events, relationship patterns and other concerns are addressed.
- Some health insurance will not cover the cost of family, individual, or couples therapy.

Keep this page for your records