



PSYCHOTHERAPY AGREEMENT & INFORMED CONSENT FOR TREATMENT

Psychotherapy

Description

Psychotherapy varies depending on the personalities of the psychotherapist and client, as well as the particular concerns brought forward. It is done mostly through conversation, so you can expect us to talk about your life experiences in the past and the present as well as goals for the future. From time to time, other methods may be implemented. In order for the therapy to be most successful, it will be important for you to work on things that we talk about in and outside of our sessions.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who participate in it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress.

For adolescents who come to therapy, parents can expect periodic updates on their adolescent's attendance as well as general feedback and guidance regarding the overall treatment. Parents should be aware that specific information shared within psychotherapy sessions will be kept confidential. Nevertheless, at the discretion of the therapist, parents may be informed of any behavior that could present a life risk to their adolescent and/or others.

Limitations of Confidentiality

In general, communications between a client and a psychotherapist, including that of minors, are confidential, and can only be released with the client's written permission. However, disclosure may be required in the following circumstances:

1. When there is a reasonable suspicion of child abuse or abuse to a dependent or elder adult.
2. When the client communicates a threat of bodily injury to others.
3. When the client is suicidal.
4. When disclosure is required pursuant to a legal proceeding.
5. Dr. Alissa Simon will discuss relevant clinical information with Dr. Dathan Paterno, a licensed clinical psychologist, as part of the postdoctoral fellowship.