



## Informed Consent for Treatment

**General Information:** The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. It is important for providers and consumers to reach a clear understanding about the provider-client relationship, including both limitations and expectations of the provider-client relationship. This consent will provide a clear framework for the work of a clinical relationship. Please read and sign to indicate that you have reviewed this information. Specific circumstances and questions may be discussed with your individual provider.

**The Therapeutic Process** It is the policy of Reach Counseling to maintain a safe, therapeutic setting where consumers can engage in the therapeutic process. Occasionally this means discussing and/or disclosing things which can be difficult to discuss. Consumers of Reach Counseling's services are responsible to report or discuss anything in the therapeutic process that they find uncomfortable, and work with their therapist and other providers to find techniques which help them to progress in the therapeutic journey. Reach Counseling is committed to supporting and understanding individual client needs and will work with each client in developing a treatment plan and using clinically proven methods of treatment to work toward achieving treatment goals. Consumers have the right to refuse participation in treatment.

**Confidentiality** The session content and all materials relevant to treatment will remain confidential unless a consumer requests in writing to have all or portions of such content released to a specifically named person/persons. An Authorization To Release form will be provided to consumers, should they wish to request clinical documents, and/or facilitate clinical dialogues between a provider of Reach Counseling services and outside providers.

Limitations of confidentiality exist and are itemized below:

- If a consumer threatens or attempts to commit suicide or otherwise conducts him/herself in a manner in which there is a substantial risk of incurring serious bodily harm.
- If a consumer threatens grave bodily harm or death to another person.
- If the provider has a reasonable suspicion that a consumer or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
- Suspicions in the case of an elderly person who may be subjected to these abuses.
- Suspected neglect of the parties named in items #3 and # 4.
- If a court of law issues a legitimate subpoena for information stated on the subpoena.
- If a consumer is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.
- Occasionally a provider may find it in your best interest to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name or identifying information.

- Occasionally, a provider and a consumer will encounter each other through ordinary community interactions outside the therapy office. To protect privacy and confidentiality of consumers, providers will not initiate contact or acknowledge they know the consumer. Consumers are free to acknowledge providers, however, any interaction will be brief and limited primarily to typical social greetings. Discussions about clinical issues or issues relevant to a consumer's personal life will not be discussed outside of the therapy office.

**Scheduling** Sessions may be scheduled through phone or text communication. When you schedule your initial visit, you will be given necessary contact information. It is customary for providers to request 24-hour notice for cancellations. It is the policy of Reach Counseling to adhere to this 24-hour rule with the following exceptions:

- Illness related cancellations: Please notify the provider by text or phone if you are ill and contagious.
- Individual or family emergency. Please notify the provider if unanticipated circumstances arise which make cancellation necessary. Please note: In the event that late cancellations become chronic, the 24-hour rule will be adhered to closely, regardless of above noted exceptions. (See applicable charges on the Practice Policies Form.)

Reach Counseling requests that when possible, consumers give the provider as much notice as possible when they know ahead of time they will not be able to attend sessions or participate in services in order to give providers an opportunity to fill empty time slots with other consumers who are awaiting treatment.

In situations where it becomes necessary for the provider to reschedule, providers will attempt to give 24-hour notice to the consumer, however, when 24-hour notice is not possible, consumers will be give as much notice as possible.

**Reach Counseling Contact and Provider Information:** Services received during regular office visits are provided by Reach Counseling and its providers, staff, and contractors. Information regarding services, location, directions, contact information, and crisis information, as well as information regarding background, areas of clinical expertise, and training of our providers, staff, and contractors can be found at [www.reachcounselingutah.com](http://www.reachcounselingutah.com). Clinical hours vary based on individual provider schedules, and will be discussed in the initial phone call.

By signing below, you indicate that you are the consumer or consumer representative, and agree to the policies outlined above.

\_\_\_\_\_  
Consumer or Responsible Party

\_\_\_\_\_  
Date

Relationship to consumer: \_\_\_\_\_