

Your initials by each section of the Informed Consent Form signify that you've read the section and have discussed any questions in the first session, prior to an agreement to enter therapy.

At the end of the form, the signatures of the client and of the LCSW signify a legal agreement by the client to participate responsibly in therapy including payment of his/her financial obligation and by the LCSW to provide therapy in a responsible and ethical manner.

<p><b>Basic Information</b></p> <p>Psychodynamic psychotherapy focuses on increasing your awareness of unconscious thoughts and behaviors, developing new insights into your motivations, and resolving conflicts to live a happier life.</p> <p><a href="http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=what-you-can-expect">http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=what-you-can-expect</a></p>	<p>Initials</p>
<p><b>Benefits and Risks of Therapy</b></p> <p>Not everyone who benefits from psychotherapy is diagnosed with a mental illness. Psychotherapy can help with a number of life's stresses and conflicts that can affect anyone.</p> <p><a href="http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=why-its-done">http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=why-its-done</a></p> <p>In general, there's little risk in psychotherapy. Because it can explore painful feelings and experiences, though, you may feel emotionally uncomfortable at times.</p> <p><a href="http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=risks">http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=risks</a></p> <p>Disclosure: This psychotherapy practice does not provide any unusual or experimental therapy.</p>	<p>Initials</p>
<p><b>Estimated Length of Therapy</b></p> <p>The length of treatment generally depends on why you're being seen. It may take only weeks to help you cope with a short-term situation. Or, treatment may last a year or longer if your concerns require it.</p> <p>The number of psychotherapy sessions you need – and how often you see your therapist – depends on such factors as the severity of your symptoms, how long you've been struggling with your situation, the pace of progress, current stress, satisfaction or concern with daily life and the support you receive from important persons in your life.</p> <p><a href="http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=what-you-can-expect">http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=what-you-can-expect</a></p>	<p>Initials</p>
<p><b>The Session Length, Cost, Affordability Policy and Payment Policy</b></p> <p>A 50 minute session is provided for \$150. Insurance can be billed for reimbursement by the client and supporting documentation will be provided according to the required Release of Information Authorization. Payment is due at the conclusion of each session. The affordability policy provides flexibility for a client with financial limitations.</p>	<p>Initials</p>

<p><b>Patient Bill of Rights</b></p> <p>Patients have the right to:</p> <ul style="list-style-type: none"> <li>• Request and receive information about the therapist's professional capabilities, including licensure, education, training, experience, professional association membership, specialization and limitations.</li> <li>• Have written information about fees, payment methods, insurance reimbursement, number of sessions, substitutions (in cases of vacation and emergencies), and cancellation policies before beginning therapy.</li> <li>• Receive respectful treatment that will be helpful to you.</li> <li>• A safe environment, free from sexual, physical and emotional abuse.</li> <li>• Ask questions about your therapy.</li> <li>• Refuse to answer any question or disclose any information you choose not to reveal.</li> <li>• Request and receive information from the therapist about your progress.</li> <li>• Know the limits of confidentiality and the circumstances in which a therapist is legally required to disclose information to others.</li> <li>• Know if there are supervisors, consultants, students, or others with whom your therapist will discuss your case.</li> <li>• Refuse a particular type of treatment, or end treatment without obligation or harassment.</li> <li>• Refuse electronic recording (but you may request it if you wish).</li> <li>• Request and (in most cases) receive a summary of your file, including the diagnosis, your progress, and the type of treatment.</li> <li>• Report unethical and illegal behavior by a therapist (see "Your Reporting Options," page 12).</li> <li>• Receive a second opinion at any time about your therapy or therapist's methods.</li> <li>• Have a copy of your file transferred to any therapist or agency you choose.</li> </ul> <p><a href="http://www.dca.ca.gov/publications/proftherapy.shtml#patient">http://www.dca.ca.gov/publications/proftherapy.shtml#patient</a></p>	<p>Initials</p>
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<p><b>Emergency Policies and Crisis Management</b></p> <p>This insight-oriented psychotherapy does not provide emergency psychiatric services. The County of San Diego provides Adult Emergency and Crisis Mental Health Services:</p> <ul style="list-style-type: none"> <li>• If you are experiencing an emergency that may threaten the safety of yourself or someone else, please call 911.</li> <li>• If you need information about how to handle a mental health crisis, you can talk to a trained counselor who can help with your specific situation.</li> <li>• They will talk to you about what services are available in your area, for all ages, including mental health services for those with Medi-Cal or no insurance, services for alcohol or drug abuse, suicide prevention, medication needs, and more.</li> <li>• Spanish-speaking counselors are available, as well as language interpreters for 140 languages.</li> <li>• Call the Access and Crisis Line at 1-800-479-3339. The toll-free call is available 24-hours a day, 7-days a week.</li> </ul> <p><a href="http://www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html">http://www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html</a></p>	<p>Initials</p>
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<p><b>Therapy Termination Policy</b></p> <p>Termination is a time to evaluate the work you've accomplished, celebrate the progress, talk about which goals weren't reached and explore any disappointments with the process. It's reminiscing, an exit interview and saying goodbye wrapped up in one.  <a href="http://www.psychologytoday.com/blog/in-therapy/200809/terminating-therapy-part-i-what-why-how">http://www.psychologytoday.com/blog/in-therapy/200809/terminating-therapy-part-i-what-why-how</a></p> <p>The ideal termination feels similar to a graduation. There's a bittersweet feeling for both parties. It's bitter because a productive, engaging relationship is ending. The routine of the sessions, the unique language shared and the supportive environment are drawing to a close. It's sweet because this ending marks a new era of independence while applying the skills therapy provided. Also, the ideal termination is clean. The work is reviewed, all feelings are verbalized and goodbyes are shared. There are no loose ends.  <a href="http://www.psychologytoday.com/blog/in-therapy/200810/terminating-therapy-part-ii-the-ideal-termination">http://www.psychologytoday.com/blog/in-therapy/200810/terminating-therapy-part-ii-the-ideal-termination</a></p> <p>It's your therapy, you can leave whenever and however you want. The most complete therapy experience includes sticking around for all three phases: building rapport, treating/resolving the issue and termination. Not every therapy achieves this ideal; some end prematurely due to logistical, psychological or interpersonal barriers. It's considered premature because the presenting problem wasn't resolved and/or adequate termination didn't take place. Without this wrapping up, the therapy lacks closure and feels incomplete. Here are some of the top reasons why clients end therapy before the work is complete: money, time, impasse, conflict, flight into health, recognition of non-therapeutic dependency, boundary violation, "cut and run", and ambivalence about the discomfort of working through the most difficult issues.  <a href="http://www.psychologytoday.com/blog/in-therapy/200810/terminating-therapy-part-iii-the-not-quite-ideal-termination">http://www.psychologytoday.com/blog/in-therapy/200810/terminating-therapy-part-iii-the-not-quite-ideal-termination</a></p> <p>In therapy, "cut and run" is like skipping the last chapter of a novel; the part where the loose ends are tied up, you learn what the future may hold and get a sense of closure. Therapy also may be the first time you can talk through the feelings associated with ending and wrap up a relationship on a good note. It's why good termination should be among the treatment goals, especially if the client has a history of bad endings.  <a href="http://www.psychologytoday.com/blog/in-therapy/200810/terminating-therapy-part-iv-how-terminate">http://www.psychologytoday.com/blog/in-therapy/200810/terminating-therapy-part-iv-how-terminate</a></p>	<p>Initials</p>
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<p><b>The Therapeutic Duty Owed to the Client</b></p> <ul style="list-style-type: none"> <li>• <b>Commitment to the Client:</b> The LCSW's primary responsibility is to promote the well-being of the client; this can be superseded to protect a person from harm.</li> <li>• <b>Client Self-Determination:</b> The LCSW respects and promotes the client's right to make his/her own choices and assist the client to identify and clarify goals.</li> <li>• <b>Privacy and Confidentiality:</b> The LCSW respects the client's privacy and confidentiality, except as mandated or permitted by the law to protect a person from harm.  <a href="http://www.naswdc.org/pubs/code/code.asp">http://www.naswdc.org/pubs/code/code.asp</a></li> </ul>	<p>Initials</p>
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<p><b>The Client's Responsibilities to the Therapist and the Therapeutic Process</b></p> <p>Psychotherapy may not cure your condition or make an unpleasant situation go away. But it can give you the power to cope in a healthy way and to feel better about yourself and your life. Psychotherapy isn't effective for everyone. But you can take steps to get the most out of your therapy and help make it a success:</p> <ul style="list-style-type: none"> <li>• Make sure you feel comfortable with your therapist. If you don't, look for another therapist with whom you feel more at ease.</li> <li>• Approach therapy as a partnership. Therapy is most effective when you're an active participant and share in decision making. Make sure you and your therapist agree about the major issues at hand and how to tackle them. Together, you can set goals and gauge progress over time.</li> <li>• Be open and honest. Success with psychotherapy depends on your willingness to share your thoughts, feelings and experiences. It also depends on your willingness to consider new insights, ideas and ways of doing things. If you're reluctant to talk about certain things because of painful emotions, embarrassment or fears about your therapist's reaction, let your therapist know.</li> <li>• Stick to your treatment plan. If you feel down or lack motivation, it may be tempting to skip psychotherapy sessions. Doing so can disrupt your progress. Try to attend all sessions and to give some thought to what you want to discuss.</li> <li>• Don't expect instant results. Working on emotional issues can be painful and may require hard work. It's not uncommon to feel worse during the initial part of therapy as you begin to confront past and current conflicts. You may need several sessions before you begin to see improvement.</li> <li>• Do your homework between sessions. If your therapist asks you to read, journal or do other activities outside of your regular therapy sessions, follow through. Doing these homework assignments is important because they help you apply what you've learned in the psychotherapy sessions to your life.</li> <li>• If psychotherapy isn't helping, talk to your therapist. If you don't feel that you're benefiting from therapy after several sessions, talk to your therapist about it. You and your therapist may decide to make some changes or try a different approach that may be more effective.</li> </ul> <p><a href="http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=results">http://www.mayoclinic.com/health/psychotherapy/MY00186/DSECTION=results</a></p>	<p>Initials</p>
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**Please bring this with you on your first appointment. It will be signed and dated after your questions are answered.**

<p>Client Signature and Date</p>	<p>Victor Bloomberg, LCSW and Date</p>
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