



## **Consent for Treatment and Limits of Liability**

**Limits of Services and Assumption of Risks:** There are both benefits and risks to therapy. Therapy provides the opportunity to better understand oneself and the issues and events that are occurring and have occurred in the past. Participating in therapy may result in many benefits, including but not limited to: reduced stress, better coping skills, improved interpersonal relationships, higher functioning in school, work, and social settings, and an increased self-esteem. Some risks come along with these benefits of therapy. Participating in therapy may put the client in a vulnerable position. You may feel like the problems you have come to therapy for have gotten worse in the beginning stages of therapy. This is a common occurrence while exploring the issues at hand. Sometimes problems have to get worse to get better. Therapy also includes a significant time and money commitment. If you feel as if you are not gaining anything from therapy, I encourage you to talk directly about such issues with me. Goals and expectations should be clear to the client and the therapist.

**Limits of Confidentiality:** Everything said between client and therapist is kept confidential. No contents of the therapy sessions, verbal or written, may be shared with another party without written consent. There are limits to confidentiality, however. The following is a list of exceptions:

**Duty to Warn and Protect:** If you disclose an intent to harm yourself, I must attempt to notify family or others who can help keep the you safe. If you disclose a plan to threat or harm another person, I am required to warn the possible victim and notify legal authorities.

**Abuse of Children and Vulnerable Adults:** If you disclose, or it is suspected, that there is abuse or harmful neglect of children or vulnerable adults (i.e. the elderly, disabled/incompetent), I must report this information to the appropriate state agency and/or legal authorities. I must also report any admitted prenatal exposure to controlled substances that could be harmful to the mother or the child.

**Minors/Guardianship:** Parents or legal guardians of non- emancipated minor clients under the age of 14 have the right to access the clients' records. Minors aged 14 and older are the consenting party to treatment. Parents or guardians have no access to records without consent, with the exception of abuse or harm.

**Court Order:** A court order may require access to client records. In such cases, redactions are possible to protect harm to the client.

I, the client that is being seen, acknowledge by my signature below, that I have read the policies above, that I understand them, that I have the opportunity to discuss the policies and its contents with the therapist, and that I am in agreement with the policy.

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Client Signature (Client's Parent/Guardian if under 18)

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Date