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Reno, NV 89509

INFORMED CONSENT FOR SERVICES

Counseling services are available to you when both you and your counselor agree that you would benefit from these services. In order for you to make an informed choice, your counselor has discussed service alternatives with you, as well as the risks and benefits of participating in these services. You are consenting to counseling services with the following information in mind.

We will meet approximately weekly, or on another schedule we agree on. We will discuss your goals for counseling and discuss the duration of counseling. Given the nature of the therapy process, it can be difficult to accurately determine how long it might take to achieve your goals – especially early in the counseling process. Discussion of your progress can be initiated any time by you or your counselor.

The benefits of participating in counseling may include identifying family/personal strengths and resources that can be utilized to solve persistent problems, connecting you with other treatment programs and services, gaining new skills, feeling better about yourself, making difficult decisions, and finding new hope when things look discouraging.

The risks of participating in counseling may include increased feelings of sadness, worry, guilt, fear or embarrassment, especially when freshly working on feelings that you've been experiencing for a long time. Participation could also increase family conflict when you work on current problems. Also, in situations regarding your personal safety, recommendations made by your counselor may be seen by you as unfavorable or unwarranted.

All personal information will be held confidential except under certain circumstances, which include the following:

- A. when you authorize the release of information
- B. when child abuse or neglect is suspected
- C. when an individual is at-risk of harming themselves or others
- D. when an attorney involved in legal proceedings involving your child issues a subpoena for information
- E. when there is a court order for information
- D. when your child's other birth parent or his/her attorney involved in legal proceedings involving your child requests copies of clinical records

Your counselor may discuss your needs and progress with another licensed professional counselor who is affiliated with Midtown Mindfulness. If this happens, you will be informed of this discussion. All affiliates of Midtown Mindfulness are legally and ethically committed to your privacy.

The fee for services is \$100 per 50-minute session and is due at the time of services. Sessions which exceed 50 minutes will not be charged at a higher rate.

The code of ethics which governs the practice of professional counselors prohibits any business or personal relationship outside of the counseling office during counseling and for a period of 2 years after the termination of services. This prohibition includes being "friends" on social networking web sites such as facebook and twitter.

I have read the above information and agree to services under these conditions and I have received a copy of this form for my records.

Participant's Signature

Date

Participant's Signature

Date