



Consent to Treatment

General Information

The therapeutic relationship is unique in that it is both deeply personal and professional in nature. Because of this, it's important that we have a shared understanding of how therapy works, what you can expect from the process, and what is expected from both you and your therapist throughout your work together.

This document is intended to provide an overview of the therapeutic process, the nature of the professional relationship, and important considerations related to the therapy process. Please take a few moments to review the following information carefully, and feel free to discuss any questions or concerns with your therapist at any time.

Please indicate your agreement by completing the checkbox at the end of this document.

The Therapeutic Process

Choosing to begin therapy is a meaningful step. Therapy can lead to greater insight, improved relationships, emotional growth, and meaningful change, but it may also involve exploring experiences, emotions, and patterns that feel uncomfortable at times.

Throughout the process, clients may experience strong emotions such as sadness, anxiety, frustration, anger, grief, or uncertainty. While therapy cannot

guarantee specific outcomes, our goal is to provide thoughtful, evidence-based care in a supportive and collaborative environment. Your therapist's role is to help you better understand yourself, your relationships, and the patterns that may be keeping you stuck, while working together toward goals that are meaningful to you.

Confidentiality

Your privacy is an important part of the therapeutic process. Information shared during therapy sessions, along with records related to treatment, will be kept confidential except in situations where disclosure is required or permitted by law, or when written authorization has been provided.

Limits to confidentiality include, but are not limited to, the following situations:

- If a client threatens or attempts suicide, or otherwise behaves in a way that presents a serious risk of harm to themselves.
- If a client threatens serious bodily harm or death to another person.
- If there is reasonable suspicion of abuse, neglect, or exploitation involving a child, elderly person, or vulnerable adult.
- If a court orders the release of records or information through a valid subpoena or legal process.
- If therapy services are court-ordered or information is requested as part of legal proceedings or expert testimony.

Whenever appropriate and legally possible, your therapist will make reasonable efforts to discuss these situations with you before confidential information is disclosed.

Consultation & Supervision

To support the highest quality of care, therapists may occasionally consult with other licensed professionals or supervisors. In these situations, identifying information is minimized or omitted whenever possible in order to protect client privacy.

Additionally, because confidentiality is so important, your therapist will generally not acknowledge clients first if encountered outside of the therapy office. This is done to help protect your privacy and confidentiality. Of course, if you choose to greet your therapist first, they will respond warmly, though conversations outside of session may remain brief out of respect for your privacy.

Gottman Institute Disclosure

While Steve and Carrington have completed training in Gottman Method Couples Therapy, they provide clinical services independently. The Gottman Institute and its representatives are not responsible for the therapy services provided through Family First Therapy.

Acknowledgment of Receipt

By signing or checking the acknowledgment below, you confirm that you have received and reviewed the Informed Consent for Family First Therapy.

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