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CONSENT FOR PSYCHOTHERAPY

The following are basic rights and principles that your therapist believes are important for you to consider before consenting to and throughout your participation in psychotherapy. This list has been provided for your information and consideration in deciding to begin or continue treatment with your therapist.

1. You have the right not to receive psychotherapy from your therapist.
2. You have the right to end therapy at any time without any moral, legal, or financial obligation (other than the balance due for previously completed sessions).
3. You have the right to be informed and to question your therapist about diagnosis, methods of assessment, and the goals of treatment. You have the right to ask any questions about procedures used during therapy; your therapist shall explain the reasons and usual methods to you. You have the right to decline participation in any therapeutic techniques.
4. You have the right to review personal documents and records in your file upon request, as coordinated and arranged with your therapist.
5. You have the right to request that personal data in your file is authorized for release to persons or agencies you designate. Your therapist shall inform you whether or not she thinks a release of information will be potentially harmful to you, and if the data are obsolete.
6. You have the right to confidentiality. Within certain limits, information revealed by you during therapy will be kept strictly confidential and will not be revealed to any other person or agency without your written permission.

I encourage strict confidentiality with all marital, family, and couples sessions. You should realize that other participants (i.e., spouses, siblings, children) are not legally bound to maintain this privilege and might subpoena therapist notes, which could compromise your privacy. In the state of North Carolina, couples in marital therapy may not subpoena the therapist's notes for divorce proceedings.

7. There are certain situations in which any licensed mental health professional is required by law and ethical code to reveal information obtained during therapy to other persons or agencies – without your permission. Your therapist is not required to inform you of any actions in these circumstances. Such situations are as follows:
 - a. If you threaten bodily harm or death to another person, your therapist is required by law to inform the intended victim and appropriate law enforcement and social service agencies.

- b. If you threaten bodily harm or death to yourself, your therapist is required to attempt to persuade you no to do so, and if you do not convince your therapist that you will protect yourself, your therapist must inform your family or other appropriate persons of your self-destructive intentions.
 - c. If a court of law issues an order of subpoena, your therapist is required to provide the information specifically described in the subpoena or court order.
 - d. If you are in therapy by order of a court of law, certain rights (items 1-6) may not apply, and the results of treatment must be submitted to the court.
 - e. If you reveal information about known or suspected physical/sexual abuse or neglect of a minor child or mentally incapable adult, your therapist must report the data to appropriate authorities.
8. Psychotherapy may involve the risk of remembering unpleasant events and can arouse intense emotions such as fear or anger. Intense feelings of anxiety, depression, frustration, loneliness, or helplessness may also be aroused. These should be promptly reported to your therapist.
9. By signing this form, you acknowledge your awareness that email, texting, FaceTime, and other Social Media are not HIPPA compliant and your therapist cannot guarantee that your confidentiality will be protected when these platforms are used.
10. If you choose to meet with your therapist in person, you consent to the possibility that you could be exposed to the Covid-19 virus. You are urged to wear a face mask, practice social distancing, and take precautions against infection.

Possible benefits from psychotherapy may be that you will be better able to handle or cope with your family or other interpersonal relationships, resulting in more satisfaction from those relationships. Another possible benefit may be a better understanding of personal goals, values, and a more complete sense of understanding your history; this may lead to greater maturity and growth.

If you have read and fully understand to your satisfaction all of the above information and wish to receive psychotherapy, please consent by signing your name below.

Client _____ Date: _____

Therapist _____ Date: _____

Guardian (if minor) _____ Date: _____