

Counseling Agreement & Consent for Treatment



- **Benefits and Risks:** Active participation in therapy can result in a number of benefits, and most individuals experience improvement and healing during this process. Engaging in therapy can result in experiencing considerable emotional discomfort as we address difficult issues in your life, propose ways of handling situations, and challenge your perceptions. Attempting to resolve therapeutic issues may also result in changes that were not initially intended. There is no guarantee that therapy will yield the intended results, and it is your decision whether to pursue the suggestions made by your therapist.
- **Confidentiality:** We cannot release any confidential information without a signed Authorization to Release Information form. We commit to keeping complete confidentiality, unless we learn of situations which we are required by law to report. These include: intent to harm self, intent to harm others, suspected abuse or neglect of a child, or suspected abuse or neglect of a vulnerable adult. If any of these are discussed in session, this will legally break confidentiality and a report will be made to the appropriate agency to ensure the safety of yourself and others.
- **Emergencies:** Cottonwood Creek Counseling **does not** provide emergency or crisis services and our therapists are not often immediately available by telephone. If you have an emergency and need to talk to someone please call 911 or the 24 hour National Crisis hotline at 1-844-493-TALK (8255) or go to your nearest hospital emergency room.
- **Disclosure Statement:** All of our therapists are licensed to practice therapy in Utah and are in good standing. Jennifer Fairbourn is the Clinical Director of Cottonwood Creek Counseling; please direct any concerns regarding your therapy experience to her via phone, appointment, or email Jen@CWCreek.com. Jennifer is a Licensed Marriage and Family Therapist in the state of Utah and holds an M.S. degree in an AAMFT Accredited Program in Clinical Marriage and Family Therapy from the University of Maryland (2007).
- **Email:** Please use discretion in deciding whether to communicate with your therapist via email. Confidentiality cannot be guaranteed when using email and Cottonwood Creek Counseling cannot be held responsible for any information lost in transit or viewed by unauthorized third parties.
- **Social Media:** Cottonwood Creek Counseling and its therapists may have a business Facebook page, educational blog, or other social media accounts. If you choose to like, post comments, or follow these accounts there is a chance that others will see your name associated with the post and we cannot guarantee any confidentiality or protection to your identity. Please use at your own discretion.
- **Telehealth:** Cottonwood Creek Counseling uses the HIPAA compliant secure website Doxy.me as its platform for telehealth. To ensure privacy on your end, please be aware of your surroundings when engaging in telehealth outside of the office. Please note that some insurance policies do not cover telehealth and may require you to self pay.
- **Court Proceedings:** Cottonwood Creek Counseling and its therapists do not meet most requirements as expert witnesses in court. Our prime focus is to deliver quality therapy, not testify in court. If you are seeking a letter or testimony for child custody, mental health evaluations, or in divorce proceedings, we do not provide that service. If you are court ordered for therapy, it is your responsibility to assure that our therapy meets the requirements.
- **Emotional Support Animals:** Your therapist may write a letter of recommendation for an ESA only after establishing consistent care with the client (a minimum of three sessions) to determine the appropriateness for the individual.

Your signature indicates that you have read, understood, and agree to the Agreement and Consent for Treatment.

Print Name of Client or Responsible Party

Signature of Client or Responsible Party

Date