

Agreement for Psychotherapy Services

The purpose of this document is to inform you about some important aspects of my background and approach, potential risks and benefits of psychotherapy, your rights to confidentiality, and some details about my business practice. Please read it carefully and note any questions you may have. Once your questions have been answered, I will ask for your signature indicating your understanding and agreement.

Background

I hold a masters degree in counseling from the University of Montana and am currently a PhD student in the East-West Psychology program at the California Institute of Integral Studies. I am licensed to practice in California as a Licensed Professional Clinical Counselor (LPC #189). I have been trained in a number of different psychotherapeutic modalities. My style is to actively collaborate with clients to determine which approaches work best given their individual needs and preferences.

Potential Risks and Benefits

It is my responsibility to inform you of potential risks of counseling and psychotherapy. ("Counseling" and "psychotherapy" are used interchangeably in this document to mean the same thing.) You should know that some uncomfortable feelings such as sadness, anxiety or anger are likely to arise in the therapeutic process. Also, disturbing memories are sometimes recalled. These feelings and memories can affect relationships and performance at work or school. Your problems may even worsen while in counseling. Although the increase of symptoms is usually temporary, there is always the risk that, even with our best efforts, therapy may simply not work well for you.

While you consider these risks, you should also know that psychotherapy has been demonstrated to be effective in hundreds of well-designed studies. There are a number of potential positive outcomes to therapy including the improvement of specific symptoms (such as feelings of depression or anxiety), enhanced coping skills, increased clarity in values and goals, and more satisfying relationships. It should also be pointed out that *not* engaging in psychotherapy carries the risk that whatever problems or concerns you have may worsen.

Counseling is different from many types of professional services because it requires your very active involvement. For our work to be most effective, it is important that you are open and honest. It is also important that you raise any concerns you have about the psychotherapy process and that you let me know if you ever feel that you are not making the progress you expect. Oftentimes, we can make adjustments to make therapy more effective for you. Sometimes, however, it is appropriate to discuss referral to another therapist in which case I will do my best to help you connect to the help you need.

Evidenced-Based Treatment

A number of the therapeutic methods I use are considered "evidence-based" which means that scientifically controlled studies have demonstrated their effectiveness. However, I also make use of methods that have not yet been well researched. These methods are strongly supported theoretically (that is they have well-grounded rational) and I only use methods that I have reason to

believe will be helpful. If you have any questions about the scientific standing of the various approaches I use, please let me know.

Body-Centered Psychotherapy

Two related methods I have been trained in, Hakomi and Sensorimotor Psychotherapy, can be classified as body-centered or somatic psychotherapies. These approaches acknowledge the importance of the body-mind interface. The central element of these approaches is awareness of the body. Sometimes subtle physical manifestations such as inner sensations, the movement of breath, or involuntary muscle movements can offer valuable inroads into psychological material. These therapies also include techniques that involve the use of physical touch, for example to support the body in some way. This type of touch is always guided by a therapeutic rationale (which I can always share with you), is only used if you give permission, and it is never sexual in nature. If you are interested, we can incorporate this particular form of touch into your therapy. It is, however, optional and your therapy can proceed without it. As with all matters, please feel free to ask any questions that you have, at any time.

Confidentiality

One of the unique aspects of the therapeutic relationship is that your confidentiality is protected. *I will keep private and treat with great care all the information you share with me.* In all but a few rare situations, your confidentiality (that is, your privacy) is safeguarded by state law and by the rules of my profession. Here are the most common cases in which confidentiality is *not* protected:

- If I believe you are an imminent threat to yourself, I may be obligated to contact family or others to help provide safety and, in some cases, may need to seek hospitalization.
- If you make a threat to do bodily harm to another person, I am required to take action that may include notifying the intended victim and/or the police.
- If I suspect a child or elder has been or will be abused or neglected, I am legally required to report this to the authorities.
- If I am required by a court of law to release records, I must comply.

Consultation

Consultation is a professional standard of practice that helps ensure quality care. I consult regularly with other professionals regarding my clients, however, client identity remains completely anonymous.

Payment

Unless other arrangements have been made, payment is due at the time of service. I suggest you make out your check before each session begins so that our time will be used best. I do not bill insurance companies directly, however, I will provide you with a monthly statement that you can submit to your insurance company. (Please see what I have written regarding the use of insurance for psychotherapy services on the Services and Fees page of my website.)

Cancellation

Since the scheduling of an appointment involves the reservation of time specifically for you, a minimum of 48 hours notice is required for re-scheduling or canceling an appointment. Unless we reach a different agreement, the full fee will be charged for sessions missed without such notification.

Emergencies

Please understand that I cannot be available at all times. I generally check my phone messages throughout the day, Mondays – Fridays, but less often on weekends. *If you have an emergency or emotional crisis and cannot reach me immediately, you or your family members should call your medical provider or 911 for help.*

Consent to Psychotherapy

Your signature below indicates that you have read and understood this form and agree to its terms. Further, you acknowledge that:

a. No specific promises have been made to you by Kelley Parke about the results of treatment, the effectiveness of the procedures used, or the number of sessions necessary for therapy to be effective.

b. Should there be legal proceedings (such as, but not limited to divorce and custody disputes, disability claims, lawsuits, etc.), neither you (client) nor your attorney, nor anyone else acting on your behalf will call on me to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested unless otherwise agreed upon.

c. You understand that Kelley Parke is an independent practitioner. Although he shares an office suite with other professional psychotherapists, he and his business “Integral Life Counseling” are in no way related to them.

d. You understand that you have the right to withdraw your consent to therapy at any time, for any reason.

Signature of Client

Date

Printed Name