



Client Agreement

Counseling Relationship: Although you will be sharing personal experiences and emotions during the course of therapy, our relationship is a professional one. In order to keep the boundaries of the relationship defined, therefore contact is limited to counseling sessions that occur at pre-arranged times. You may send messages to counselors through phone or email, but in case of emergency call 911.

Goals, Risks, Benefits of Treatment: Clients expect to benefit from counseling, otherwise what's the point? However, during therapy often difficult and painful emotions are brought up and may be temporarily distressing. Your therapist is here to help you confront and work those emotions. Clients may at any time discuss any difficulties they are experiencing due to therapy. Together you and your therapist will work to achieve the best possible results for you.

Assessments: I understand that the therapist may use assessments as screening tools to aid in measuring progress toward therapeutic goals. I understand these assessments are not diagnostic tests and are only used to assist in the therapeutic process.

Length of Treatment: Length of treatment is different for every client, some need only a few sessions, others several weeks or months. Clients may end the counseling relationship at any time, but we request one final session to ensure that you have the resources you need to live the life you want.

Signature of client or legal guardian

Date

Signature of client or legal guardian

Date

Therapist

Date