

Informed Consent for Counseling

General Information

The therapeutic relationship is unique in that it is highly personal and at the same time, a contractual agreement. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read this information and agree to it by signing at the end of the document.

The Therapeutic Process

You are taking a positive step by deciding to seek counseling. The outcome of your treatment depends largely on your willingness to engage in this process, which may at times, result in considerable discomfort. We do believe that God can use this difficult time to help you grow spiritually and draw you closer to him. SMRBC counselors believe that all strife and discord entered the world through the sin of Adam and that our current struggles can often be directly linked to sin. A peace-filled life can be found in submission to Christ through the Spirit, as shown in Galatians 5:22-23. Our goal is to help counselees examine their lives and struggles biblically and to help them conform their lives to Christ in such a way that problems are resolved or that the counselee can live a God-honoring and peace-filled life amid struggles.

Confidentiality

Confidentiality is very important to the therapeutic process and we take it very seriously. The session content and all relevant materials to the client's counseling process will be held confidential unless the client requests in writing to have all or portions of such content released to a specifically named person/persons. Limitations to such client confidentiality exist and are itemized below.

1. If the client threatens or attempts to commit suicide or otherwise conducts him/herself in a manner in which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If the counselor has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional, or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #3 and #4.
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.
7. The counselor determines that it is Biblically necessary to involve and inform a spouse or parent, for the spiritual health of the counselee.
8. The counselor determines that it is Biblically necessary to involve the Senior Pastor in the counseling process.
9. If the Senior Pastor determines that it is Biblically necessary to involve and inform select members of the church, in accordance with Biblical guidelines for church discipline, for unrepentant sin and rebellion against God's Word.
10. Occasionally I may need to consult with other professionals in their area of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

Name (printed) _____ Name (signature) _____ Date _____

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