

As your therapist, I have an ethical obligation to help you make an informed decision in seeking treatment to address your concerns. At any time throughout this process, you may ask me to explain why I am requesting information or suggesting a new approach. I will be glad to explain the purpose behind my techniques, and the model from which I am operating. The following outlines possible risks and benefits associated with therapy.

The following is a list of possible risks of participating in therapy.

- ❖ Therapy is not an exact science, so there is no guarantee as to therapeutic outcomes. Some people experience no improvements in their situation, and a few may even think things are worse after treatment.
- ❖ Effective therapy may result in your experiencing intense and uncomfortable feelings, as well as openly discussing and working toward changing displeasing relationship patterns.
- ❖ Therapy can sometimes lead to individual decisions that can be disruptive for yourself and/or your family.
- ❖ Some health insurance companies will not cover the cost of therapy.

The following is a list of possible benefits of participating in therapy.

- ❖ You may achieve resolution of specific concerns brought to therapy, resulting in greater individual happiness and increased relational harmony.
- ❖ You may attain increased understanding of family and personal goals and values.
- ❖ You may experience a healing of emotional wounds inflicted past or present.
- ❖ The acquisition of healthy coping skills may assist you in relating with others.

The signatures below indicate that the risks and benefits of therapy have been discussed with all participating members. Concerns or questions about these risks and benefits may be discussed at any point in the therapeutic process.

---

Signature

---

Date

---

Signature

---

Date

---

Signature

---

Date