



THE THERAPY PROCESS: WHAT TO EXPECT & CONSENT

Psychotherapy

Psychotherapy involves regularly scheduled 60 minute sessions (marital-50 minute). The frequency and duration of the therapy process depend upon the particular needs and goals of the client.

Generally, in the first session, the client's treatment objectives, current concerns and life history will be reviewed. Clients are invited to express any skepticism they have regarding the therapy process and to ask questions about the therapist's work.

This consultation provides both client and therapist a sense of whether the therapist's approach corresponds with the clients needs. The therapist will either arrange subsequent sessions, or assist the client in finding a more suitable practitioner, whichever is most appropriate.

Therapy is a collaborative process in which the client and therapist continually identify problems, assess goals, and modify the treatment plan. Clients are invited to explore any thoughts, feelings or concerns at any time; no topic is taboo. Topics might include conflicts, relational dynamics, dreams, fantasies, memories, and personal aspirations or setbacks. The client is also encouraged to openly address reactions to therapy.

The client-therapist relationship is a unique one that requires healthy boundaries to be effective. The therapist **may not** engage in a personal relationship with the client outside the therapy session. Phone calls, texts, or emails are reserved for scheduling purposes only. You will be asked how you would like to handle any encounters in public in order to maintain privacy.

When a client's primary conflicts have been worked through, and/or primary symptoms have been reduced, and the client is making predominantly constructive decisions in all aspects of his/her life, the benefits and drawbacks of ending treatment will be discussed. Ending treatment may be appropriate if the client has sufficiently internalized the tools of therapy in such a way as allows him/her to face life's future challenges without the therapist's direct support or intervention. In this final phase of therapy, progress is reviewed, client and therapist develop an aftercare plan, and the client is offered an open invitation to resume treatment at any time.

Mind-Body Techniques

Breathhtaking Holistic Counseling Services offers therapy in a mind-body model. Our bodies are a great resource to us that is generally overlooked by most traditional psychotherapies. This type of psychotherapy recognizes the relationship and interconnectedness between what we are thinking and feeling, and what is happening in the body. If we listen to our bodies, we can derive valuable information that may not otherwise be consciously available to us. Available modalities used include controlled breathing, relaxation, meditation, and gentle yoga postures. It is always your option to decline these therapeutic tools, and your therapy can proceed effectively without them.

I have reviewed this information, and I consent to therapy as described above.

Client Signature: _____

Date: _____

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