



Therapy With Robin

2618 8th Street #14 Tuscaloosa, Alabama 35401

ROBIN MADDOX, LMFT
PSYCHOTHERAPY SERVICES
INFORMED CONSENT

Welcome to my practice. This document contains important information about my professional services and business policies. As you read through the document, please initial at each paragraph that you understand the information. If you have any questions, please discuss them with me before initialing. When you have read the entire document, initialed each paragraph, and discussed any concerns, please sign the document that represents an agreement between us.

CREDENTIALS

I hold a Bachelor's Degree in Psychology from Athens College, a Master's Degree in Education and a Master's Degree in Human Development and Family Studies, both from the University of Alabama. I am a licensed Marriage and Family Therapist in the state of Alabama. In addition, I hold Certificates in Gottman Couple Therapy (GCT) from the Gottman Institute and (EMDR) Eye movement Desensitization and Reprocessing from Humanitarian Assistance Programs and am trained in Hypnosis from the Milton Erickson Institute.

PSYCHOLOGICAL SERVICES

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and patient, and the particular problems you bring forward. There are many different methods I may use to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor visit. Instead, it calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we talk about both during our sessions and at home.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also

Therapy with Robin- 2618 8th Street #14 Tuscaloosa, AL 35401 Office- 205-454-8508

been shown to have benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience.

Our first few sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with me. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion.

PROFESSIONAL FEES

My fee is \$100 per session. (See exception for couple's therapy) In general, sessions are around one hour. Occasionally, longer sessions will need to be scheduled. This is a planned, strategic intervention on my part, and will not be scheduled by client request. However, when additional time is necessary, there will be no additional charge. You will be expected to pay for each session at the time it is held, unless we agree otherwise. Payment may be made in cash, personal check, or credit. If your account is unpaid for two sessions we may need to discuss referral to a community source.

AFTER HOURS

To maintain boundaries that are necessary and essential for the counseling process, non-emergency contact is typically discouraged. If contact with me is needed, please limit your contact to five-ten minutes. If the contact extends beyond the five-minute time frame, you will be charged \$15.00 per quarter hour. For all emergency situations, the fastest and quickest means of help will be the DCH Emergency room (759-7111).

PROFESSIONAL RECORDS

The laws and standards of my profession require that I keep treatment records. You may review a copy of your records. Because these are professional records, they can be misinterpreted and/or upsetting to untrained readers. If you wish to see your records, I recommend that you review them in my presence so that we can discuss the contents. Because I do not accept third party payment (insurance) it is not necessary for me to assign

diagnoses. Therefore, to further protect your privacy, my policy is to keep case notes as short as possible.

CONFIDENTIALITY

In general, the privacy of all communications between a client and therapist is protected by law, and I can only release information about our work to others with your written permission. But there are a few exceptions: If you

- threaten bodily harm to a specific person I am required by law to inform both the person and the appropriate authorities.
- are a threat to yourself.
- reveal information of abuse or neglect of a child, elderly or disabled person.
- are seeking therapy by a court order or divorce mediation either by court order or your own actions, I may be required to report progress to the court or other professionals.
- are involved in a court proceeding and a court of law issues a subpoena, I am required to provide the specific information requested in the filing.

COUPLES COUNSELING AND CONFIDENTIALITY

It is my policy that a couple in therapy is “the client”. The client has hired me to help resolve particular issues. This may be to improve the union, or to seek a smooth transition to the end of the marriage. Because the couple is “the client” there can be no expectation of confidentiality between the two halves of “the client”. This is very important because the protocol for Gottman Couples Therapy (GCT) calls for at least one session with each member of the couple alone with me. I cannot build a trusting relationship with “the client” by participating in secret keeping. This is not concerning everyday complaints that arise in therapy, but information that would rise to the level of a secret, the most common example being an affair. Because of the work load involved in couples therapy the time frame of the first session is 1.5 hours and the fee is \$150.00, after which the fee is the standard \$100.00.

THERAPUTIC MEDIATION

To spite our best efforts, sometimes couples decide to end the marriage. Part of my training as a therapist is to help couples communicate with one another during this process to end the union in a way that causes the least amount of harm, especially to children. Participants in this type of therapy must have at least one attorney involved in the process. I am not an

attorney and therefore cannot offer legal advice. My expertise is in communication and co-parenting.

MINORS/PARENTS

Parents bringing their children to therapy must understand that the minor has an expectation of privacy. A therapeutic relationship cannot be built if your child has a reasonable belief that his or her trust will be violated. Therefore, if your expectation is that I will report to you your child's confidences, it is probably best to use another professional. However, I can assure you that I will report any thoughts of harm to the child's self or others, illegal drug use, or criminal activity.

If you are a minor under nineteen years of age, please be aware that the law may provide your parents the right to examine your treatment records. It is my policy to provide parents with only general information about our work together, unless I feel there is a high risk that you will seriously harm yourself or someone else. In this case, I will notify them of my concern. Before giving them any information, I will discuss the matter with you, if possible, and do my best to handle any objections you may have with what I am prepared to discuss.

While this written summary of exceptions should prove helpful in informing you about potential problems, it is important that we discuss any questions or concerns that you may have at our next meeting. I will be happy to discuss these issues with you if you need specific advice, but formal legal advice may be needed because the laws governing confidentiality are quite complex, and I am not an attorney.

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

I hereby verify that I completely understand the above written disclosure statements and I agree to follow the above written policies of Robin Maddox. I understand that payment is due at the time services are provided.

Client Signature _____

Therapist Signature _____

Date: _____