

# **Informed Consent for Psychotherapy**

**Eric Groh, LPC**

**You have decided to seek my services for help with situations in your life that are stressful. After we meet, I will explain to you in plain terms the source of your struggles (medical v. situations in your life, self defeating behaviors that may be a result of unresolved early life events), approaches I will use to help you, and an agreed upon treatment plan. We may discuss a diagnosis but not necessarily. It is difficult to know how long you will need to see me but this is partly dependent on your goals since some require short term v. longer term therapy. However, you may choose to cease treatment at anytime and I will support your decision. I will also share possible consequences- mostly that you may not get better- of ceasing therapy.**

**A fundamental component of therapy is trust in your therapist. As a Professional Counselor licensed in Georgia, what you discuss is by law confidential (except in the case of you having a clear intent to attempt suicide), that I don't have an interest in judging you, and that I won't violate you. It may require time before you are able to trust me and I understand this- there is no time limit on establishing trust. Every client is different. Nonetheless, you should work towards discussing personal and private information as this is what I need in order to best help you. Along with this comes an intimacy of a unique nature partly because many clients choose to share details of their life they have not discussed with family or friends. Still, we will have a professional relationship in that you are seeking a competent professional and in return you compensate me. If at any point you have questions or need clarifications about anything I say, do, or suggest you do I trust you to discuss it with me.**

**I am happy you have selected me as your therapist. I have many years of experience working in hospitals, treatment centers, agencies and private practice. My experience ranges from severe and incurable mental illness to minor depression and anxiety.**

## **Late Cancellation Policy**

**Therapy appointments are unique in that I cannot book two clients in the same time slot. I reserve the time slot only for you. If you are unable to keep an appointment, please call by 3:00 p.m. on the prior business day or I will charge a late/ no show fee of \$150. My business hours are Monday-Friday.**

**\*PLEASE DETACH AND KEEP THIS DOCUMENT\***