

# Informed Consent for Psychotherapy

## Katie Navarra Counseling

Licensed Marriage and Family Therapist #117015

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### **WELCOME!**

I want to welcome you and let you know that I look forward to beginning our therapeutic work together. **I am a licensed Marriage and Family Therapist #117015, doing business in my private practice office in Folsom, CA.** These forms contain information about my professional clinical services and my business policies. It is important that you first review the following information before we start. Please feel free to ask me any questions you may have about these policies; I will be happy to discuss them with you. Go ahead and look this information over carefully and submit online before your first session.

### **General Information**

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. You will have a chance to indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

### **The Therapeutic Process - Risks and Benefits**

You have taken a very positive step by deciding to seek therapy. The role of a marriage and family therapist is to assist clients with issues regards relationships, stressors, and issues such as depression, anxiety, grief, and other challenges that impact you emotionally and often physically. Counseling often involves discussing difficult aspects of your life. During our work together you may experience uncomfortable feelings such as sadness, guilt, shame, anger, or frustration. As a result of what comes out of your therapeutic work and the decisions you make, important relationships may be impacted or may end. Your journey in therapy may also lead to healthier relationships, and counseling support often helps an individual find solutions to problems with family and friends, life challenges, as well as a reduction in feelings of distress and negative symptoms. The outcome of your treatment depends largely on your willingness to engage in this process. There are no miracle cures. I cannot promise that your behavior or circumstance will change. I can promise to support and encourage you and do my very best to understand you and the repeating patterns at play in your life, as well as to help you clarify what it is that you want for yourself.

### **Confidentiality and Limits to Confidentiality**

Therapy is best experienced in an atmosphere of trust. Thus, session content and all relevant materials to the client's treatment 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. Your confidentiality is very important to me and is also a legal and ethical part of my job to uphold.

*Limitations of such client held privilege of confidentiality exist and are itemized below:*

1. If a client threatens or attempts to commit suicide or otherwise conducts him/her self 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. Legally, I am a mandated reporter of intent to harm another. If you are homicidal and make a serious threat to hurt another person(s), I will contact 911 and make every attempt to warn the intended victim or victims.

3. If the therapist 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. This also includes sharing of child abuse to which client is not involved, but has knowledge of and shares in session.
  1. Downloading, possessing, or transmitting child pornography constitutes sexual exploitation of a minor and is a mandated report (can include sexting with a minor.)
  2. Child abuse also includes consensual sex between participants where one is 13 or younger and the other is 14 or older, or, one of the participants is 21 or older and the other is under 16.
4. Elder abuse which includes physical or financial abuse, abandonment, neglect/self-neglect, or emotional abuse.
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. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.

Occasionally I may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name or any identifiable information.

If we see each other accidentally outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

#### **Suicide Policy**

If you are suicidal, I will take all reasonable steps to prevent harm to yourself. This may include breaking confidentiality if you pose a serious risk of self-harm to yourself.

#### **EMDR Therapy**

As part of your treatment, EMDR may be integrated to help with certain issues. Eye Movement Desensitization and Reprocessing (EMDR) is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma, post-traumatic stress, panic attacks, complicated grief, disturbing memories, addictions, anxiety, phobias. This treatment approach, which targets past experience, current triggers, and future potential challenges, results in the alleviation of presenting symptoms, a decrease or elimination of distress from the disturbing memory, improved view of the self, relief from bodily disturbance, and resolution of present and future anticipated triggers.

#### **About the Therapist**

Katie Navarra is a Licensed Marriage and Family Therapist #117015. She is a member of the California Association of Marriage and Family Therapists and the Sacramento Valley Chapter of CAMFT. Katie has worked in non-profit organizations, schools, and private practice. Her professional work and training has been in trauma therapy, EMDR, teens, adults, couples, and families. Her goal is to help you process the unavoidable turbulence of life. She is eclectic and collaborative in her style and utilizes numerous modalities from her graduate school studies [*Saint Mary's College of California - Masters of Arts in Counseling and Marriage and Family Therapy*], as well as continuing education trainings to hone her skills and give you, the client, the best opportunity to heal in a therapeutic relationship. Katie believes in the power of the therapeutic relationship to be a healing vessel and she sees herself as a sojourner traveling alongside you as you dive into the deep work of healing and growing in Self.

BY CLICKING ON THE CHECKBOX BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD, AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

