



Sheltering Oaks Counseling
3717 Turman Loop
Suite 101
Wesley Chapel FL 33544
813-982-4230

8. Informed Consent for Psychotherapy

General Information

The therapeutic relationship is unique in that it is 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. Feel free to discuss any of this with us. Please read and 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

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. We cannot promise that your behavior or circumstance will change. We can promise to support you and do our very best to understand you and repeating patterns you may experience, as well as to help you clarify what it is that you want for yourself.

If we determine that we are able to provide services, you give your general consent to use the information in this form for treatment, payment, and health care operations purposes. This consent does not allow Sheltering Oaks Counseling to release any protected health care information to any person or organization outside Sheltering Oaks, except when mandated by law. This consent is governed by the practices described in the Notice of Privacy Practices, which is in this packet. Occasionally we may need to consult with other professionals in specific areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without the use of your name or other identifying information.

Confidentiality

If we see each other accidentally outside of the therapy office, we will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to us, and we do not wish to jeopardize your privacy. However, if you acknowledge us first, we will be more than happy to speak briefly with you. We feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office. In a similar fashion, we may see each other on social media. We have a Sheltering Oaks business Facebook page that all clients are welcome to like and follow. However, we do have a policy against Sheltering Oaks staff "friending" or "following" clients on personal social media pages. To further protect your privacy, Sheltering Oaks staff will not respond to friend requests on social media pages if they are sent by clients or their immediate family members.

I have reviewed this information and I give my general consent for therapy to Sheltering Oaks Counseling, LLC.