

Ethos Leaders LLC Counseling Services
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Informed Consent for Psychotherapy

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. Feel free to discuss any of this with me. 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. I cannot promise that your behavior or circumstance will change. I can promise to support you and do my very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

Confidentiality – General Rules

The session content and all relevant materials to your treatment will be held confidential unless you request in writing to have all or portions of such content released to a specifically named person/ persons. Limitations of such held privilege of confidentiality exist and are itemized below:

1. If you (or someone you know) intend to harm another person, I am legally required to warn the authorities and the person you intend to harm and/or his/her family.
2. If you pose a life-threatening danger to yourself, I have an ethical duty to take action to protect you, which may include warning the authorities and/or your family members.
3. If you disclose that you or someone you know has been, or is, involved in child abuse/neglect, elder abuse/neglect, or abuse/neglect of a disabled person (between the ages of 18 and 64), I am legally required to make a report to the appropriate authorities.
4. If your therapy costs are covered by insurance, the insurance company will require a diagnosis and the dates of service. Some insurance companies might also require a written progress report and treatment plan. When you use your insurance, you are waiving your right to confidentiality and granting them access to your records.
5. If you become involved in legal matters that involve issues of your medical or mental health or are in therapy by order of a court of law, you may be giving up some of your rights to confidentiality. In such a case, your medical records (which include mental health/therapy records) may be subpoenaed. Questions regarding the limits of confidentiality under those circumstances should be discussed with your 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.

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 greet you.

Confidentiality- Children

The issue of confidentiality is critical in treating children. Children, **under the age of 14**, seen in individual sessions (except under certain conditions) are not legally entitled to confidentiality. However, unless children feel they have some privacy in speaking with a therapist, the benefits of therapy may be lost. Therefore, it is necessary to work out a balanced arrangement in which children feel that their privacy is generally being respected, and that parents/guardians have access to critical information. When parents/guardians or others join a child in session, what is discussed is known to those present and should be kept confidential and private.

Conversely, **children age 14 and over** can consent to their own treatment, with or without parental consent (I.C. 66-318b) and have a legal right to confidentiality. This means, information cannot be shared with parents unless the child consents through a written release of information (I.C 16-2428).

If the child prefers not to volunteer information about the sessions, the parent/guardian shall respect the child right not to disclose details.

The normal procedure for discussing issues that are in the child's therapy will be joint sessions including the child, the therapist, the parent/guardian and perhaps other appropriate adults. If the parent/guardian believes there are significant health or safety issues that the therapist needs to know about, the parent/guardian should contact the therapist and attempt to arrange a session with the child present. Similarly, when the therapist determines that there are significant issues that should be discussed with the parent/guardian, every effort will be made to schedule a session involving the parent/guardian and the child.

Unless the child has been abused or is a clear danger to self or others, the therapist will normally tell the parent/guardian only the following:

- Whether sessions are attended.
- Whether the child is generally participating or not.
- Whether progress is generally being made or not.

*This clinician will not release the health records of a child of divorced parents to a parent without expressed written consent of both parents.

Signature of Client(s)

Date

Signature of Client(s)

Date

Signature of Bryant Kusy, LCPC

Date

BY CLICKING ON THE CHECKBOX BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT for ONLINE DOCUMENTS. IF PRINTED PLEASE SIGN ABOVE.