

Inner Wisdom Counseling
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Informed Consent for Psychotherapy Services

WHAT TO EXPECT:

Potential Benefits and Risks of Therapy

Whenever you make changes in your life, there are potential risks and benefits. Benefits can include solving problems, improving relationships and enhancing the quality of your life. Changes made in therapy may bring unforeseen changes in your life: changes in how you communicate or interact may produce adverse or negative responses from others. Spouses or family members may be unwilling or unable to change to meet your development, and marital or family conflicts could intensify as feelings are expressed. Individual issues may surface during work on a couple or family relationship. You may become aware of issues you had not recognized before you began therapy.

Expected Number of Therapy Sessions

There is no reliable way to predict how many sessions an individual or family will need to reach their goals. The duration of therapy is in direct relation to the nature of your concerns and what your goals are. Therapy can take weeks, months or even years. At times, issues worked through in therapy may need to be readdressed down the road, when new life transitions occur or when children/adolescents reach new stages of development. From time to time, I will review your goals with you and together we will evaluate your progress and the potential duration of continued therapy. However, you will know best when your goals have been reached and you are in the best position to decide when you are ready to finish therapy.

Appointments

Sessions are typically 50 minutes in length for individuals and 75 minutes for families. However, together we may decide that longer individual sessions would be beneficial or shorter family sessions. (For fees, see the Fee Agreement form). Appointments are scheduled directly with me. After the first session, I will confirm the next appointment time with you before you go.

Success of Therapy

The success of therapy can depend on many factors. The most important factor is your willingness to commit yourself emotionally and mentally to the process of reaching your goals. Therapy can be hard work and may become uncomfortable or stressful at times. If you are having these feelings please talk with me, as we can often make adjustments to help the process proceed at a more comfortable pace. Other factors that may influence the success of your therapy include the

support or lack of support from your family or friends and the nature and intensity of your concerns. Additionally, if an issue arises that I do not specialize in I will find a therapist specializing in that area to refer you to.

By Signing below, I acknowledge that there is no guarantee of the results of my therapy and that mental health treatment may involve risks, including stress, uncomfortable feelings, changes in relationships with others and aggravation of symptoms.

Signature of Client

Date

Signature of Parent/Guardian

Relationship to Client

Date