

## **Gale & Associates, Plc**

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### **CLIENT'S INFORMED CONSENT TO TREATMENT**

As a prospective client there are several important issues you and/or a parent/guardian must be made aware of prior to entering treatment. An initial session is conducted in order to evaluate the client's treatment needs and determine a diagnostic formulation. Depending upon the outcome of the initial assessment session further information may need to be gathered in the determination of an appropriate treatment setting. Upon conclusion of the assessment the client will be informed of this provider's recommendations for treatment and appropriate referrals will be made in the case that this provider can not adequately provide services.

In the case a client begins therapy with this provider they should be aware of the factors influencing treatment outcomes. It should be understood that your entering treatment does not automatically guarantee the successful resolution of your concerns. The effectiveness of therapy largely depends on your own commitment and consistency. Change is often difficult and may be painful. Your own motivation and follow-through with appointments and assignments are essential in your success. In the case of adolescent clients, the involvement of parents and family members is often an essential component on therapy change in a youth's life. Therefore, families should be prepared to engage in a similar level of commitment.

A second issue of importance involves the limits of confidentiality. While in general our session discussions are strictly confidential, there are several exceptions to this privilege. State laws require the disclosure of session content to the legal guardian or parents of persons under the age of eighteen years old. In order to develop the best possible working relationship with adolescents a verbal agreement between the minor client, parents, and the therapist will be established regarding agreed upon limits to disclosure of session content. Any such agreement will be an honorary contract by all parties, but ultimately may be overruled by state law. State and federal laws require the reporting of any knowledge or suspicion of incidents of neglectful, physical, or sexual child abuse. Similar legal precedents concern threats of violence made by clients in the course of treatment and the therapist's duty to warn the authorities, as well as the intended victim. In addition, should a court subpoena require disclosure of session content, treatment attendance history, or other matters related to the client, this information may be subject to release to the courts. Family members involved in an adolescent's treatment can face the same limits of confidentiality reviewed within this document.

In those circumstances that a client wishes to have their insurance billed for services some confidential information must be provided to the insurance company in the billing process. This information may include name, social security number, address, telephone, insurance group and claim number, principal and secondary diagnoses, a treatment plan and updated treatment plan and updated treatment progress.

A final issue related to confidentiality involves the taping of therapy sessions. Although the State of Utah allows for an individual to record a conversation without another's express knowledge, this practice is

strictly prohibited by policy in this practice. Any client who engages in such an act is subject to termination of services with referral in an ethical, professional manner.

**Your signature here indicates that you have read, understand, and accept the limitations and commitments to treatment as well as confidentiality outlined in this therapeutic contract for consent to treatment.**

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Client

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Date

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Parent/Guardian

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Date

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Witness

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Date

