



The Center of Connected Living -FL

## PART II: The Therapeutic Process

**BENEFITS/OUTCOMES:** Therapy will seek to meet goals established by all persons involved, usually revolving around a specific presenting problem. A major benefit that may be gained from participating in therapy includes a reduction in distress and a better ability to handle or cope with personal, couple/marital/relational, family, work, and other problems as well as stress. Another possible benefit may be a greater understanding of personal and relational goals and values; this may lead to greater maturity and happiness as an individual and increased relational harmony.

**EXPECTATIONS:** Work outside of the counseling sessions is a necessary element of change; therefore, I may ask you to perform some ‘homework’ related to your goals and our session content. I promise to work as efficiently as possible; at the same time, therapy may move more slowly than you anticipated. I will review your goals with you periodically, and I ask that you request a conversation about the status of our therapy whenever you have questions about progress and/or length of treatment.

**RISKS:** In working to achieve these potential benefits, the therapeutic process will require that firm efforts be made to change and may involve the experiencing of discomfort. Therapeutically resolving unpleasant events and relationship patterns can arouse intense feelings. Seeking to resolve problems can similarly lead to discomfort as well as relational changes that may not be originally intended. We will work together for a desirable outcome; however, there is a possibility that the goals of therapy will not be met. We will review your progress at regular intervals and modify our treatment plan as needed. If progress does not occur in an agreeable manner, I may suggest a referral to a physician for a medical evaluation or to a different therapist.

**ETHICAL AND LEGAL MATTERS:** I have an ethical obligation to balance the interests of all clients who become a part of this process. If you inform me of a situation that, in my opinion, is blatantly harmful, unfair, or illegal, I may, at my discretion, give you the choice of correcting the situation when that is possible, informing other family members of the situation, having me tell them, or terminating therapy. In general, I will follow, to the best of my ability, all state laws and regulations as well as the policies and codes of ethics of the Florida Association of Marriage and Family Therapy (FAMFT) and the American Association for Marriage and Family Therapy (AAMFT). If you wish to have a copy of these codes of ethics, please do not hesitate to ask.

**THERAPY RELATIONSHIP:** My relationship with you is professional. In order to preserve this relationship, it is imperative that we do not have any relationship outside the counseling relationship such as a friendship, business, or social relationship. The exchanging of gifts or bartering for services is not appropriate. If we have contact in a public setting, I will not acknowledge you in any way that would jeopardize your confidentiality.

**RESPONSIBILITY REGARDING APPOINTMENTS AND CANCELLATIONS:** You are responsible for attending each appointment you agree upon. However, I understand that, in certain circumstances, unexpected things can arise which prevent individuals from being able to keep a scheduled appointment. Therefore, I adhere to the following policy: If you are prevented from keeping a scheduled appointment, I ask that you notify me 24 hours in advance so that another client may have the opportunity to use that time slot. If I do not receive 24 hour advance notice, you will be responsible for paying the full fee for the session you missed. I will, from time to time, take time off for vacation, to attend seminars, and/or become ill. Psychotherapy is a uniquely personal service; therefore, consultations may be briefly interrupted.