



STRIVE CLE COUNSELING INFORMED CONSENT

The therapeutic process is unique in that it is a therapeutic relationship yet a contractual agreement between client and provider. 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.

Therapeutic Process:

The outcome of your treatment depends largely on your ability and 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 (i.e., depression anxiety, etc.). Strive CLE Counseling LLC cannot guarantee that your behavior or circumstance will change but your therapist will support you during your time in treatment.

Confidentiality:

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

- (1) If a client threatens or attempts to commit suicide or otherwise conducts him/herself in a manner in which there is a substantial risk of incurring serious bodily harm.
- (2) If a client threatens grave bodily harm or death to another person.
- (3) If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional, or sexual abuse of children under the age of 18 years.

(4) Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.

(5) Suspected neglect of the parties named in items #3 and # 4.

(6) If a court of law issues a legitimate subpoena for information stated on the subpoena.

(7) If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.

Occasionally I may need to consult with other professionals in their areas of expertise 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 to speak briefly with you but feel it's appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

Telephone Accessibility:

If you need to contact your therapist between sessions, please leave a message on their voice mail. Please remember, your therapist may not be immediately available; however, they will attempt to return your call within 48 hours. Please note that Face- to-face sessions are highly preferable to phone sessions. However, in the event that you are out of town (in-state only), sick or need additional support, phone sessions are available. If a true emergency situation arises, please call 911 or go to your nearest local emergency room.

Social Media & Telecommunication:

Due to the importance of your confidentiality and the importance of minimizing dual relationships, Strive CLE Counseling LLC providers do not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, etc). We believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of the therapeutic relationship with your provider. If you have questions about this, please bring them up when meeting with your provider.

Electronic Communication:

Strive CLE Counseling LLC, cannot ensure the confidentiality of any form of communication through electronic media, including text messages. If you prefer to communicate via email or text messaging for issues regarding scheduling or cancellations, your provider may be willing to

so. Please remember, your provider will attempt to return messages in a timely manner, but Strive CLE Counseling LLC cannot guarantee immediate response and requests that you do not use these methods of communication to discuss therapeutic content and/or request assistance for emergencies.

Services by electronic means includes but is not limited to telephone communication (voice/text), the Internet, facsimile machines, and e-mail. If you and your therapist chose to use electronic means during/for treatment you need to understand this:

(1) You retain the option to withhold or withdraw consent at any time without affecting the right to future care or treatment or risking the loss or withdrawal of any program benefits to which you would otherwise be entitled.

(2) All existing confidentiality protections are equally applicable.

(3) Your access to all medical information transmitted during a telemedicine consultation is guaranteed, and copies of this information are available for a reasonable fee.

(4) Dissemination of any of your identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without your consent.

(5) There are potential risks, consequences, and benefits of telemedicine. Potential benefits include, but are not limited to improved communication capabilities, providing convenient access to up-to-date information, consultations, support, reduced costs, improved quality, change in the conditions of practice, improved access to therapy, better continuity of care, and reduction of lost work time and travel costs. Effective therapy is often facilitated when the therapist gathers within a session or a series of sessions, a multitude of observations, information, and experiences about the client. Therapists may make clinical assessments, diagnosis, and interventions based not only on direct verbal or auditory communications, written reports, and third person consultations, but also from direct visual and olfactory observations, information, and experiences. When using information technology in therapy services, potential risks include, but are not limited to the therapist's inability to make visual and olfactory observations of clinically or therapeutically potentially relevant issues such as: your physical condition including deformities, apparent height and weight, body type, attractiveness relative to social and cultural norms or standards, gait and motor coordination, posture, work speed, any noteworthy mannerism or gestures, physical or medical conditions including bruises or injuries, basic grooming and hygiene including appropriateness of dress, eye contact (including any changes in the previously listed issues), sex, chronological and apparent age, ethnicity, facial and body language, and congruence of language and facial or bodily expression. Potential consequences thus include the therapist not being aware of what he or she would consider important information, that you may not recognize as significant to present verbally the therapist.

Minors:

If you are under 18 years of age, please be aware that the law generally provides your parents the right to examine your treatment records, unless blocked by court order. Before giving parents any information, your clinician will discuss the matter with you when possible and do their best to handle any objections you may have. In addition, if one parent brings in a child and the therapy only involves the child, under Ohio law generally both parents have access to the child's records and anything the other parents says in the sessions, unless that access is blocked by a court order. Legal documents need to be provided in cases where custody, visitation, shared parenting, guardianship, or other matters which are covered by court documents are involved before meeting with a minor for treatment. Minors 14 years of age and older should be aware that they have an option to meet with a clinician on a limited basis without their parents' knowledge, except where there is a compelling need for disclosure based on a substantial probability of harm to the minor or to other persons. However, with this option, the minor is responsible for cost of services (due to lack of parent/guardian involvement).

Termination of Provider-Patient Relationship:

Strive CLE Counseling LLC reserves the right to terminate the Provider-Patient relationship if we determine that the continued provision of services is not in the best interest of the client and/or provider. Circumstances that may lead to the termination of services include but are not limited to: (1) missing multiple appointments, (2) failing to pay for services provided when due, (3) threatening, harassing, or otherwise creating a hostile environment for the clinician, staff or other patients, (4) failure to adhere to your treatment plan, (5) use of illegal drugs or abuse of prescriptions.

If therapy is terminated for any reason or you request another therapist, Strive CLE Counseling LLC will provide you with a list of qualified mental health therapists to treat you. You may also choose someone on your own or from another referral source.

Should you not attend a session for 45 days and no other arrangements have been made in advance, for legal and ethical reasons, Strive CLE Counseling LLC must consider the professional relationship discontinued and your case will be closed with your current provider.