

INFORMED CONSENT

The Complete Counseling Center • 117 Cass Ave. Suite 300 • Mt. Clemens • Michigan • 48043

Welcome to *The Complete Counseling Center*. The decision to begin this journey is often a difficult one which takes commitment, strength, and courage. We are honored that you have chosen to explore your possibilities for change with us.

BENEFITS & RISKS

Counseling has both benefits and risks. While positive growth and resolution of personal issues may occur, no promises can be made about specific outcomes. Risks sometimes include first experiencing uncomfortable feelings like sadness, guilt, anxiety, anger, frustration, loneliness, and helplessness. Counseling may involve recalling unpleasant aspects of your personal history and uncomfortable memories. In addition, counseling may result in your choosing to make significant changes in many aspects of your life, such as your personal relationships, your career choice/path, or your physical health. Change, whether defined as “good” or “bad”, affects relationships. These changes may be a benefit to you, but it is important to be aware that the people close to you may become confused, or uncomfortable throughout this process of change.

While you should consider these risks, you should also know that the benefits of therapy have been supported by scientists in hundreds of well-designed research studies. Relief of depressed mood, anxiety, anger, and fears may occur. Your relationships and coping skills may greatly improve. Personal satisfaction can be attained. Your goals and values may become clearer and more likely to be achieved. You may grow in many different ways – individually, in relationships, even at work.

If you may benefit from a treatment that we cannot provide, we will try to help you get it. We may recommend consultation with a physician or other professional and will discuss these reasons with you. As ethical therapists we cannot continue to treat you if our treatment is not working for you. If you wish for another professional’s opinion at any time, we can help you find a qualified person and will provide them with the information needed.

Therapists at The Complete Counseling Center will not give you advice or tell you which direction to follow; instead we will join you on your journey of change and possibilities. You are the expert of your life. Participation in our services is voluntary. If you are questioning whether or not to continue with our services, please speak with your counselor before committing to that change.

CONFIDENTIALITY

Information about you and your participation in counseling will be kept private to the fullest extent of the law. It is important for you to know that by law, there are limits to confidentiality. Confidentiality does not apply and requires action by your counselor in these situations:

- Client poses a clear and imminent danger to themselves or others.
- It has been disclosed that a child or elderly person is or has been abused or neglected.
- A court orders the release of information to a specific court or judge.
- Client gives written consent for their records to be released to a third party.

Confidentiality in group therapy is a special situation. The other members of the group are not therapists so they do not have the same ethics and laws that we work under. You cannot be certain that they will always keep what you say in group confidential.

Therapists at The Complete Counseling Center may participate in consultations and/or may be under supervision. Client cases are presented at these meetings and minimal disclosure is practiced to maintain confidentiality. Please ask your therapist if they participate in supervision services.

THE COUNSELING RELATIONSHIP

Because we are your counselors, dual relationships like these are improper. Counselors/Therapist/Psychotherapists cannot:

- Be your supervisor, teacher, or evaluator.
- Be a counselor to our own relatives, friends (or the relatives of friends), people we know socially or business contacts.
- Provide counseling to people we used to know socially, or to former business contacts.
- Have any other kind of business relationship with you besides the counseling itself.
- Give legal, medical, financial, or any other type of professional advice.
- Have any kind of romantic or sexual relationship with a former or current client, or any other people close to a client.

CONTACTING YOUR COUNSELOR

Phone calls are not taken while counselors are in session. You can leave a message on their voice mail and calls will be returned as soon as possible. Generally, messages are returned within 24 hours except on weekends and holidays. In an emergency, please call 911 or the Macomb County Crisis Line 24 hours a day at 586-307-9100.

THANK YOU FROM THE OWNERS

We appreciate the chance you have given us to be of professional service to you, and look forward to a successful relationship with you. If you are satisfied with our services as we proceed, we (like any professional) would appreciate your referring other people to us who might also be able to make use of our services.

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