

## **UNDERSTANDING PSYCHOTHERAPY AND CONSENT TO TREATMENT**

### **Consent to Treatment**

The success of psychotherapy depends upon a high degree of trust between us. We therefore want you to be fully informed about what to expect from us and from your sessions here.

### **Our Staff**

All staff work under the supervision of Dr. Horvath (PSY7732). In addition to other psychologists and postdoctoral psychology fellows, the staff at Pyrysys Psychology Group, Inc. includes counselors and specialists in alternative health (yoga, bodywork, meditation, etc.).

### **Understanding Psychotherapy**

During initial visits the emphasis will be on understanding the nature of your personal problems and on creating a plan of treatment. Psychotherapy will consist largely of an ongoing dialogue between you and your therapist(s) about 1) problematic behavior, feelings or attitudes, which may be deeply entrenched, 2) what new behaviors, feelings or attitudes you might adopt; and 3) how you might adopt them. Our training, resources, and experience will be used to help you identify, select, and accomplish these desired changes.

You may be given homework assignments, which help carry on our work between sessions. These assignments may include reading, keeping records of behaviors, feelings or attitudes, or experiencing new activities. Any difficulties in accomplishing these assignments should be reported promptly, so that we may develop assignments that you will be able to accomplish.

We encourage you to ask questions at any time. The more deeply you understand what we are doing, the more effectively you will be able to cooperate with it and accomplish the changes you desire. We will evaluate the effectiveness of our work on an on-going basis. By mutual agreement with your specific psychotherapist, if you bring a blank audiocassette, a recording of your session can be made for you.

Psychotherapy is not magic. Your persistence in carrying out homework assignments will have a determining role in how much you accomplish. In particular, the extent to which you are open and honest about yourself will determine how accurately we can assess your situation and recommend appropriate methods and goals.

There can be discomfort involved in participating in psychotherapy. You may remember unpleasant events, or have aroused intense feelings of anger, fear, anxiety, depression, frustration, loneliness, helplessness, or other unpleasant feelings. Homework assignments can at times be uncomfortable. Your family and friends may need time to adjust to changes you make.

In addition to accomplishing your stated goals, there may be additional benefits to participating in psychotherapy, including greater maturity as a person, better understanding of personal goals and values, improved ability to relate to others, and greater self-confidence, self-respect, and self-acceptance.

If you arrive a few minutes ahead of your appointment time, you will have the opportunity to set aside the irrelevant concerns of the day, and prepare for your session.

### **Confidentiality**

In accordance with professional ethics and California law, the information revealed in psychotherapy is confidential, and will not be revealed to anyone without your written permission, except as required by law. California law requires that we make appropriate reports if you are suicidal, homicidal, or gravely disabled, or if any child or elder adult has been abused or neglected.

### **Medications and Medical Procedures**

Psychologists are not physicians, and do not prescribe medication or perform medical procedures. If evaluation by a physician is indicated, we can recommend one, or you may consult your personal physician.

### **Emergencies**

Your psychotherapist or the colleague providing coverage for your therapist can be reached at any time by calling our answering service (858-569-2796) and paging. However, you will likely be charged for this call. Routine business, including the making of appointments, can often be handled during normal working hours by the administrative staff, by calling 858-546-1100.

### **Fees**

Except in cases of emergency, you will be expected to pay for appointments not canceled at least 48 hours in advance. Your appointment time is set aside specifically for you, and cannot usually be given to someone else with less than 48 hours notice.

We charge by the hour for our services. In addition to the time spent directly with you in the office, we charge for any other time spent on your behalf, including telephone calls with you or others, reading or writing documents, doing research, meetings with others, or other activities. Please see the administrative staff for current hourly rates for each provider.

Surcharges for special services may apply. Whenever feasible you will be informed if surcharges apply. The most common surcharges are for deposition, testimony, or after hours services.

Please sign below to indicate that you understand and agree to the above, and consent to treatment. We recommend that you keep a copy of this form, and refer to it from time to time during our work together.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature