

Consent for Outpatient Therapy

During the first visit, you will develop a written plan that outlines specific goals and interventions. Your input into this plan, known as the Treatment Plan, is very important. The therapist is responsible for working directly with you in the development of goals and interventions, as well as reviewing progress with you on a regular basis.

Potential Risks of Participation: While the goal of Outpatient Therapy is to help the consumer improve functioning and become more independent, it is important to recognize that change is difficult. Sometimes, it is hard to talk about mental health or substance abuse issues, as well as the impact these have had on your life. In addition, the therapist may ask questions about your history and life experiences that are difficult to share. Please let the therapist know if you feel uncomfortable at any time.

Potential Benefits of Participation: Potential benefits include increased functioning, more independence, and progress on identified goals.

Being Informed About Services and Interventions: Triangle Wellness Counseling does not condone the use of experimental interventions or medications. You have a right to be informed about the potential risks and benefits of all services and interventions provided by Triangle Wellness Counseling.

By signing this form, I consent to receive Outpatient Therapy. This consent is valid for one year.

Consumer Signature / Date

Legal Guardian Signature/Date

Staff Signature / Date